

Says Ino R. Hutchings, Durham, N. C. For 15 years I have used your Mexican Mustang Liniment y on earth: I am never without it. I revently used it on a bad gall on my horse s neck and it cured it is three days.

No Sting or Smart

Contains No Alcohol Write for beautiful SOUVENIR PENr scaulturs of ventre Pen-tursantely free with complete Mestang Liniment for family estock and poultry. Lyon Mfg. a. Brooklyn, N.Y.

25c-50c-\$1.00 Sold by Drug and General Stores

The Old MEXICAN Since 1848

# YOU'RE DOWN SICK

THE minute you feel a little under the weather, get a bottle of Gude's Pepto-Mangan. wait tel you're down sick. his Gude's as a preventive of illpes-it will enrich your blood, and bild up your energy. Your drugest has it, in both liquid and tablets. free Trial Tablets To see for yourself the health-building alse of Gude's Pepto-Mangan, write today is recous Irial Package of Tablets, Send nerous little and address to some just name and address to some part back Co., 53 Warren St., N. Y.

Gude's Pepto-Mangan Tonic and Blood Enricher



## They all know the value of

melevery member of the family because the me properties that make it so effective for

Scratches Felons

At all druggists.

Inve Malaria Out of the System



CONTAINS NO QUININE Offer: Mail this advertisement with size bottle to the Babek Company. C. "Money back if not satisfied."

casm is a weapon which should drawn only in self-defense.

# LACK-DRAUGHT

haised by an Oklahoman Who, After His Father's Example, Has Used It, When Needed, for 50 Years.

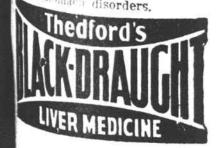
Gmadfield, Okla.—Mr. G. W. Tisa well-known resident of this

used Thedford's Blackaght-I believe I can safely say

was born and reared in Texas, ounty, sixty-four years I have been married forty-four My father used Black-Draught was married, and gave it to

years of my marhad a place on our and is the only laxaver, sour stomach, on . . . I don't think g without it, knowone for us, and the It is just as today as it was is use. My boys use itisfied it's the best y have ever used." k-Draught is purely take and acts in a

> ands of persons have y the use of Thedaught, you should have trying this valuable hed remedy, for most



### MAKE APPLE-PECTIN **EXTRACT FOR JELLY**

Fruit Should Be Solid, Tart and Free From Wormholes and Other Blemishes.

(Prepared by the United States Department

of Agriculture.) Attractive jellies of good flavor are secured by the use of pectin extracts with such materials as strawberries, rhubarb, ripe red and black raspberries, fresh or canned pineapples, peaches, and cherries; and the yield of jelly is equal to that obtained from fruit of the best jellying quality.

Pectin may be extracted at home from apples or the white peel of oranges and lemons, and stored in sterilized containers until wanted for use in jelly making. The United States Department of Agriculture gives the following directions for making applepectin, which is useful in making a great many fruit jellies:

The fruit should be firm, free from decay and wormholes, tart, and hardripe rather than mealy. Apples which do not bring the highest market prices because of surface blemishes and deformities, and sound culls, are often entirely suitable for the making of pectin extracts. The apples should be cleaned by thorough scrubbing; they need not be cored or pared, but stems and imperfect spots should be removed. A considerable amount of pectin of very satisfactory quality can be extracted from the cores and parings alone, but this extract does not have such a pleasant flavor as that obtained from the whole apples. Convenient quantities to use are

four pounds of apples and four and a half pints of water. Slice the apples thin; this is better than passing them through a meat grinder, since finely ground apples darken very quickly, and impart an unattractive color to the pectin extract. Place in a granite saucepan large enough so that the whole mass can be brought quickly to boiling. Cover the pan and boil the mixture rapidly for 20 minutes. Rapid boiling is recommended. When the boiling is finished, strain the mass through four thicknesses of cheesecloth until the juice ceases to drip. It is not advisable to squeeze the bag; but the pomace, or pulp, may be lightly pressed with a spoon, toward the end of the dripping period, to force the flow of the last drops of the juice. When dripping is complete, remove the pomace from the bag, weigh or measure it, return it to the saucepan, and add an equal quantity of water. Boil again for 20 minutes, and strain. The first two extractions should together amount to about three quarts. Mix them together in a wide granite pan, such as a dish pan, large enough so that the liquid will not be more than two inches deep. Heat rapidly until the liquid is reduced to onefourth of its original volume, or to about one and a half pints; this usually requires from 30 to 45 minutes. The concentration should be carried on rapidly, since it is easy to injure the pectin if the boiling process continues for several hours. Two 'equ

If it is desired to preserve the pectin extract for use with fruits which come at another season, it should be poured while boiling hot into clean jars or bottles which have been standing in boiling water, and sealed at once. If large amounts of jelly are to be made at one time, the pectin extract may, of course, be stored in jars of any convenient size. Otherwise small bottles holding about one gill or one-half cupful are recommended, in order to do away with the necessity for reheating the extract or reprocessing a jar to prevent spoilage, each time a part of the contents is removed.

### Children's Lunch Basket

Combinations similar to those below, which are suggested by the United States Department of Agriculture, will be found excellent for the school lunch basket. Many others equally good will suggest them-

Sandwiehes with sliced tender meat for filling; baked apple; cookies or a few lumps of sugar. Slices of meat loaf or bean loaf; sandwiches; stewed fruit;

small frosted cake. Crisp rolls, hollowed out and filled with chopped meat or fish, moistened and seasoned, or mixed with salad dressing; orange, apple, a mixture of sliced fruits, or berries; cake.

Lettuce or celery sandwiches; cup custard; jelly sandwiches. Cottage-cheese sandwiches, or

a pot of cream cheese with bread - and - butter sandwiches; peanut sandwiches; fruit; cake. Hard-boiled eggs; baking powder biscuits; celery or radishes; brown sugar or maple-sugar

sandwiches. Bottle of milk; thin cornbread and butter; dates; apple.

Raisin or nut bread with butter; cheese; orange; maple sugar. Baked-bean and lettuce sandwiches; apple sauce; sweet choco-

#### HEADCHEESE IS GOOD CHANGE

, architectural de la companie de la

Acceptable Meat for Lunch or Supper and May Be Easily Made-Government Recipe.

For lunch or supper cold sliced headcheese is an acceptable meat, which may be easily made. The United States Department of Agriculture gives the following recipe:

Cut a hog's head into four pieces. Remove the brains, ears, skin, snout, and eyes. Cut off the fattest parts for lard. Put the lean and bony parts to soak overnight in cold water in order to extract the blood and dirt. When the head is cleaned put it over the fire to boil, using water enough to cover it. Boil until the meat separates readily from the bones. Then remove from the fire and pick out all the bones. Drain off the liquor, saving a part of it for future use. Chop the meat fine with a chopping knife. Return it to the kettle and pour on enough of the liquid to cover the meat. Let it boil slowly for 15 to 30 minutes. Season to taste with salt and pepper just before removing it from the fire. Bay leaves, a little ground cloves, and allspice may be added and boiled for a while in the soup. If not condensed enough to form jelly, a little gelatin may be dissolved in cold water and mixed well with the cheese just before filling into

#### WAY FOR WAS ING CORDUROY

Must Not Be Rubbed, Squeezed or Ironed-When Dry Raise Nap by Brushing Briskly.

Corduroy is a kind of cotton velvet which may be washed providing it is not rubbed, squeezed or ironed, says the United States Department of Agriculture. If it is made up at home, stitch the seams with a loose stitch to prevent puckering when washed. Before laundering babies' coats or other lined garments loosen the lining at the bottom to avoid bagging. Use a solution of mild soap, or for dark colors which may streak or fade, a solution of soap bark. Souse the garment up and down in the soapy water, changing the water as it becomes soiled. Rinse in several clear waters until no more dirt and soap come out. Hang the garment up dripping wet and so that it will dry in the shape in which it is worn. Dry in the wind, if possible. When dry brush briskly to raise the nap.

#### WOMEN CAN DYE ANY GARMENT, DRAPERY

Dye or Tint Worn, Faded Things New for 15 Cents.



Don't wonder whether you can dye or tint successfully, because perfect home uyeing is guaranteed with "Diamond Dyes" even if you have never dyed before. Druggists have all colors. Directions in each package.-Advertisement.

Women Barred by Will.

"No women to be permitted to be present when my estate is being disposed of," is the injunction set forth by Adam Seiferth in his will, filed in New York recently with an appraisal of his estate. Although Selferth left an estate of more than \$60,-000, including several houses, he lived the life of a hermit at Bay Ridge for many years, occupying several attic rooms in the house he owned.

included in Seiferth's directions to his executors was this specific expression of his objection to women being present at the settlement of his estate: "It is my desire that none of the wives of my brothers residing in this country be present when my estate is divided."-New York Times.

#### MOTHER! GIVE SICK BABY "CALIFORNIA FIG SYRUP"

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels nicely.

It. sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.-Advertisement.

#### BAR CLAY ROOFS IN JAPAN

Earthquake Causes Order Forbidding Use of Heavy Materials for House Coverings.

Inquiries for copper roofing to be used in rebuilding the devastated Jap- The complexion's best friend. 60c at your druganese cities have been made of the Copper and Brass Research association. It is understood that these inquiries are from sources representing the Japanese government. Except for modern American construction in Tokyo and Yokohama, all houses were roofed entirely with large, hand-made clay tile. These made a very heavy roof, which, when the earthquake tremors first came, caused heavy casualtles by falling on the fleeing people in the streets, and, by their weight brought about a complete collapse of many houses which might otherwise have resisted the earthquake shocks.

It is understood that the Japanese government has already issued an order forbidding the use of heavy roofing materials and is endeavoring to obtain roofing of the lightest possible weight which is at the same time fireproof and earthquake proof.

The attention of their experts has been drawn to the possibilities of copper roofing, in view of its light weight and fire-resisting qualities.

Then the Storm Broke. Eleanor-"It looks like a storm; you had better stay for dinner." Robert-"Oh. thanks! But I don't think it's

bad enough for that."

## HEALTH FOR **WORKING WOMEN**

### Let Lydia E. Pinkham's Vegetable Compound Help You to Become Well.

Thousands of girls have to work in homes, offices, stores, mills or factories who are physically unfit for work, with often an aged or invalid father or mother dependent upon them for support. Standing all day week in and week out, or sitting in cramped positions a girl often contracts some deranged condition of her organic system which calls a halt to her progress and demands restoration to health before she can be of use to herself or anyone else.

For these distressing weaknesses and derangements these girls have found health to do their work in Lydia E. Pinkham's Vegetable Compound.

Brooklyn, N.Y.—"Like many girls, I had troubles every month," says Carolyne Mangels, "and they interfered with my work as 1 could never be sure of my time. My mother often suggested that I take Lydia E. Pinkham's Vegetable Compound, but I never did until lately. I have had very good results, and am now a pri-vate secretary and do my work without missing a day. I recommend your medicine to every girl who speaks of having troubles like I have

had."—CAROLYNE MANGELS, 407 14th St., Brooklyn, N. Y.

Office Worker Helped

Milwaukee, Wis.—"I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine for three and a half years, and they have improved my health wonderfully. My mother also has taken the Vegetable Compound and we recommend it to our friends. I am working in an office now and can always do my work as I do not have the troubles I had at first. I read of your Vegetable Compound in the newspaper and you may use my let-ter in that way if you wish to do so." -ELEANOR SHEBLAK, 537 36th St. Milwaukee, Wis.

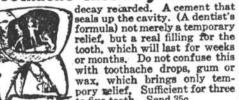
#### Pains and Headache

Webster, Mass .- "I was all rundown, had a bad complexion, and suffered with pains and backache, and was dizzy at times and felt weak. I worked in a mill and my girl chum told me about your wonderful medi-cine, Lydia E. Pinkham's Vegetable Compound. I am feeling much better since taking it."—MARY PLAZA, 13 West Street, Webster, Mass.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

### A Fine Tonic. STANDARD FOR 50 YEARS WINTERSMITH'S Builds You Up CHILLTONIC Prevents and Relieves Malaria-Chills and Fever-Dengue

**Toothache Instantly Relieved** decay recarded. A cement that



with toothache drops, gum or wax, which brings only tem-pory relief, Sufficient for three to fivo teeth. Send 35c. CLIFTY CHEMICAL CO., MADISON, IND.

Stops Eczema Relieves the Inflammation, Itching and Irritation;

soothes and softens the skin and leaves it smooth and spotless. TETTERINE

Jerome Bonaparte Left Bride. Jerome Bonaparte married Elizabeth Patterson, daughter of William Patterson, one of the leading citizens of Baltimore. The match was opposed violently by Napoleon, Jerome's brother, who was then first consul of France, says the Detroit News. Their mother tried to aid Napoleon in his effort to have Jerome desert his wife. Jerome refused to yield, and then Napcleon asked Pope Pius VII to publish a bull annulling the marriage. The pope replied that after a careful investigation he could find no grounds for complying with the request of the emperor. Napoleon was furious and at once instructed his imperial council of state to declare the marriage null and void, which that body obediently pro-

ceeded to do. In the meantime Jerome Bonaparte and his wife went to Europe, but Napoleon refused to see his brother. Eventually Jerome yielded to the stronger nature and shamefully deserted his bride.

Probably No Exception. "Every Jack has his Jill." "How about the steeplejack?"

BOILER FLUES MILL CASTINGS AND SUPPLIES BELTING, PACKING AND LACING



ORGANIZATION OF A COMPANY
to drill for and market oil and gas in a
well-located but undeveloped oil and gas field in eastern Kentucky, write for information to TOLER CREEK OIL & GAS CO.

FOR SALE GENUINE MCCLELLAN ARMY saddles: Brand new, with fenders, \$5.95; reclaimed, good as new, \$4.95. Army bridles \$2.45 f. o. b. Moultrie. Will ship c. o. d. parcel post or express. Will allow inspec-tion. FRIEDLANDER BROS, Moultrie, Ga.

Help Wanted.

Sandy and his lass had been sitting together about half an hour in silence. "Maggie," he said at length, "wasna I here on the Sawbeth nicht?"

"Aye, Sandy, I daus say you were." "An' wasna I here on Monday "Aye, so ye were."

"An' I was here on Tuesday nicht,

an' Wednesday nicht, an' Thursday nicht, an' Friday nicht?" 'An' this is Saturday nicht, an' I'm here again?"

"Well, I'm sure ye're very welcome." Sandy (desperately)-Maggie, workan! D'ye no begin to suspect something?"-The Continent.

Suited His Case.

Doctor's Wife-Since you told Mr. Richleigh that 'he had heart murmur he comes to church oftener. And this morning I noticed him joining in the last hymn.

Doctor - Indeed! What was the

hymn? Wife-"Give me a calm and thankful heart. From every murmur free."-Boston Transcript.

# Grape: Nuts and Milk-One of the few COMPLETE FOODS



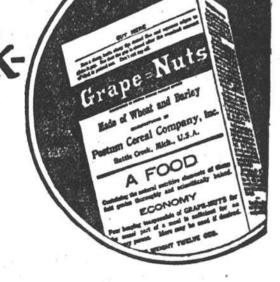
STANDARD-BRED CHICKENS FAVORED

Club Members Proud of Their Plymouth Rock Flock.

(Prepared by the United States Department of Agriculture.) Poultry club work is popular in Wythe county, Virginia, under the direction of the United States Department of Agriculture, co-operating with the Virginia Polytechnic institute. The keeping of standard-bred chickens is encouraged and the club members, who are shown demonstrating the selection of eggs and the examination of a bird's legs in connection with culling, are very proud of their Plymouth Rock flock and roomy hen house. They take care of their chickens themselves and enter them in various club contests.

HEN you watch robust men and women at work or at play, does it ever occur to you that their strength and health are largely due to the kind of food they eat?

Grape-Nuts and milk supplies complete and balanced nourishment of the highest order. This delicious dish provides the valuable wheat and milk proteins; the "food minerals," phosphorus, iron and calcium; also the vitamins.



Because of its nutritive properties, its crisp texture, and its easy digestibility, Grape-Nuts is the best-balanced cereal food for young and old.

When used as an ingredient in other foods, it adds remarkable zest and valuable nutritive elements. Rècipes will gladly be furnished on request.



## Grape=Nuts THE BODY BUILDER

"There's a Reason" Sold by Grocers Everywhere!

Made by Postum Cereal Compan", Inc., Battle Creek, Mich.