

# Mother! It's Cruel to "Physic" Your Child

DR. W. B. CALDWELL  
AT THE AGE OF 83

Dr. W. B. Caldwell, of Monticello, N. C., a practicing physician for 47 years, declared that so many constipations and children had to be "physicked" with cathartics, pills, tablets, suppositories, and other drugs, and that a child's system is ruined by these means. He says that constipation was the cause of nearly all children's little ailments. He says that a sickening "physic" was necessary. He says that his "Syrup Pepsin" is a natural laxative which helps to regularize the bowels. He says that his "Syrup Pepsin" is a natural laxative which helps to regularize the bowels.

## Dr. Caldwell's SYRUP PEPSIN

lowel movement, but, best of all, it never gripes, sickens or upsets the most delicate system. Besides, it is absolutely harmless, and so pleasant that even a cross, feverish, bilious, sick child gladly takes it.

Buy a large 60-cent bottle at any store that sells medicine and just see for yourself.

### What He Wanted

Milly—Bring me a ham sandwich.  
Billy—With pleasure.  
Milly—No, with mustard.

Strong and Active at 78.

Hanford's Balsam of Myrrh has healed Cuts, Burns, Bruises and Sores on man and beast during all those years. 3 sizes.—Adv.

Hope will make thee young; for Hope and Youth are children of one mother.—Shelley.

Eye infection and inflammation are healed overnight by using Roman Eye Balsam. Ask your druggist for 25-cent jar or send to 312 Pearl St., N. Y.—Adv.

Opinions are like watches; no two ever go alike, yet each man believes in his own.

Shave With Cuticura Soap  
And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

Don't tell a child to be good unless you are willing to set him a practical example.

# The KITCHEN CABINET

"Suppose that this here vessel," says the skipper with a groan.  
"Should lose her bearings, run away and bump upon a stone; Suppose she'd shiver and go down, when we have ourselves 'we couldn't'."  
The mate replies:  
"Oh, blow me eyes!"  
"Suppose again, she shouldn't."  
—Wallace Irwin.

## AN APPLE A DAY

There is no reason for lack of apples in almost any market. A juicy, crisp, good flavored apple is a fruit par excellence and enjoyed by most people.

**Baked Apples With Nuts.**—To twelve apples use one cupful of hickory nut meats chopped fine. Pare and core the apples. Cream a little butter and sugar and mix with the nutmeats. Fill the cavities with this mixture and bake until tender. Place a square of toasted buttered bread with the crusts removed under each apple. Serve hot or cold with whipped cream.

**Baked Apples and Raisins.**—Core and pare apples, fill cavities with sugar, raisins and pieces of butter. Bake fifteen minutes in the oven. Remove, fill centers with more sugar and cinnamon, adding more butter. Replace in the oven and baste with boiling water to make a sirup. Bake until the apples are soft. Serve hot with cream.

**Apple Nut Mince Pie.**—Take one cupful of walnut meats, two cupfuls of apple cut fine, one-half cupful of vinegar, one-half cupful of water or fruit juice, one cupful of raisins, one-half teaspoonful of cinnamon, one-half teaspoonful of allspice, one-half teaspoonful of cloves, and the same of salt. Mix spices and sugar, add all to the other ingredients. Divide into two pie plates lined with pastry, cover with top crusts and bake in a hot oven.

**Lemon Sauce.**—Take two tablespoonfuls of cornstarch, one cupful of sugar; when well-blended add two cupfuls of water, one and one-half tablespoonfuls of butter, the grated rind and juice of a lemon. Add flavoring and butter at the last. Serve hot. Vinegar and nutmeg may be used if lemon is not at hand.

**Parlins.**—Roll together one and seven-eighths cupfuls of powdered sugar, one cupful of maple sugar, one-half cupful of cream. When a soft ball is formed remove from the fire and beat until of creamy consistency; add nuts, using two cupfuls of hickory nut meats cut into pieces. Drop from a spoon on buttered sheets to cool and become firm.

**Apple Ramekin.**—Half fill the desired number of ramekins with apple sauce, fill the remaining space with whipped cream, cover with a rich thin pie crust and bake in a hot oven.

**Homemade Candy.**  
The candy which is made in the home is much more wholesome than the manufactured article and it is a pleasure to try the different varieties.

**Velvet Molasses Candy.**—Put one cupful of molasses, three cupfuls of sugar, one cupful of boiling water and three tablespoonfuls of vinegar into a kettle to boil; when the boiling point is reached, add one-half teaspoonful of cream of tartar. Boil until when tried in cold water the mixture becomes brittle. Stir constantly during the last half of the cooking. When nearly done add one-half cupful of butter and one-fourth teaspoonful of soda. Pour into a buttered pan and pull when cool enough. While pulling add flavoring desired—peppermint, a little vanilla, lemon, or a bit of wintergreen oil.

**Peanut Candy.**—Take two pounds of brown sugar, twelve tablespoonfuls of butter and melt in a smooth omelet pan. Roll a pound of peanuts which have been shelled and the brown skins removed, with a rolling pin until the nuts are like coarse bread crumbs. When the sugar and butter begins to boil, cook, stirring occasionally to keep from burning, for seven minutes, then add the peanuts, a bit of salt and pour out into a buttered tin to cool. Break up into pieces when cold.

**Chocolate Caramels.**—Put two and one-half tablespoonfuls of butter into a kettle; when melted, add two cupfuls of molasses, one cupful of brown sugar, one-half cupful of milk. Stir until the sugar is dissolved and when the boiling point is reached add three squares of chocolate, stirring constantly until the chocolate is melted. Boil until a firm ball can be made with a bit dropped into cold water. Add a teaspoonful of vanilla after taking from the fire. Turn into a buttered mold and mark off in squares.

**Apple Cake.**—Take one pint of sifted flour, three level teaspoonfuls of baking powder, one-half teaspoonful of salt, all well sifted. Cream one-fourth of a cupful of butter, add one-half cupful of sugar, one egg yolk well-beaten and a cupful of milk. Mix as usual, add one heaping cupful of thinly sliced apple, and the stiffly beaten egg white. Bake in a shallow pan about half an hour. Serve with cream and sugar.

**Nellie Maxwell**  
The draped beret, which shows all-fost fantastic effects in its curious

ribbon is displayed in the clever coronet cuff which gives such unmistakable chic to the handsome French import pictured at the left below in this collection of notably stylish spring chapeaux here illustrated.

Most of the fabric hats arriving from across seas are of either taffeta, satin, faille or helting ribbon. While black is always counted as suitable for one's "first hat" to span the time between now and Easter, yet it is very evident that the coming months will witness a season of marvelous colorings. At this very moment myriads of exquisite pastel-tinted ribbon hats are crowding the millinery field.

The newest negligee naturally is only worn inside but it does not matter whether it is worn inside or out, for it is reversible. One side is of hand-blocked silk crepe while the other is of harmonizing crepe black satin. The collar is so arranged that it also is reversible.

**Up and Down, or Round About**  
Stripes are popular this winter and it depends on the individual whether they go up and down or round. If

# FABRIC HATS LEAD FOR SPRING; PARIS SPRING COATS ARE FLARED

THE new spring hats are "saying" it with fabric. If there is one thing more than another which the season's advance modes express it is that not tangible yet very real and coveted something called "style."  
Milliners are making a spectacular play on crowns of unusual types. The smart high square crowns have brought on a storm of discussion as to their becomingness. Time will tell,



Group of Spring Hats.

for certainly there are many of them among advance millinery showings.  
At this moment Paris is exploiting the turban, which depends not upon trimming but upon "lines" for its success. The very severely simple black satin turban shown to the right at the top in this picture is indicative of the trend of the mode. The toque shown last in the group is styled of taffeta silk in combination with fine black straw, for French milliners are enthusiastic over the idea of using the two together.

Sash-wide black satin ribbon is put to effective use for the imposing crown which imparts style in the fullest sense of the word, to the narrow-brimmed model shown first in this group. Folded squares of the ribbon are used in artistic symmetry for the trimming. Another unique use of

display it as an all-the-year-round trimming.  
The choice of fur for spring wrap embellishment is not, as might be expected, confined to the flat type. Many of the new lightweight garments carry a beige or gray fox collar. However when a greater amount of fur is employed, as must be for the stylish flares, borders or full length revers, then furs are chosen which can be manipulated like fabric, such as broad tail, dyed mole, beaver, summer ermine and other similar kinds. The coat at the left in the picture, which is so Parisian in its every detail, reveals side flares of exquisitely supple beige fur. The detachable choker emphasizes the smart high-necked vogue.

Among coat imports such materials as charrmeen, broadcloth, lustrous twills, diagonal chevrons, epingle, tricotine, wool rep and kasha cloth are featured. There is every indication that silk coats will be exploited.

Moire and twill silk are favorably regarded and especial stress is being placed on black satin coats with quilted pockets and other details, also



Paris Spring Coats.

showing narrow borderings of fur at the front edges, with unique small collars to match.

Navy moire silk is the medium chosen for the coat to the right in the illustration. It carries a platinum gray fur collar and cuffs with deep revers at the front.

For resort wear bordered silk crepe is styled into charming straightline coats, which are collared with ermine or fox in silvery gray or beige.

Very striking, too, are the black and white coats, such as a black moire with white lining, white fur collar, and edgings to match.



"Every Picture Tells a Story"

# Help That Bad Back!

Too Often It's a Warning of Disordered Kidneys  
WHY drag around feeling old, worn out and miserable? Why not make up your mind to be well? That daily backache, those sharp, stabbing pains—dizziness, bladder irregularities, nervousness and depression, are signs of kidney inactivity. Use Doan's Pills. Thousands recommend Doan's. Ask your neighbor!

## Here Is Convincing Proof:

A North Carolina Case  
Mrs. J. P. Gatlings, Orchard St., Wadesboro, N. C., says: "I had backache. It was almost impossible to stoop without getting a sharp pain. My kidneys acted too freely. Headaches and dizzy spells came on and little colored spots appeared before my eyes. I read of Doan's Pills and after using them, the backache left and my kidneys acted regularly."

# Doan's Pills

Stimulant Diuretic to the Kidneys  
60c all dealers. Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.

All Sound  
"Is her opinion sound?"  
"That's all it ever is, my dear."—Life.

Particular  
"Does your dog chase cows?"  
"No, he's a bulldog."—Williams Purple Cow.

For Tan and Sunburn.  
Use O. J.'s Beauty Lotion. The Quickest Way to Beauty. Removes Pimples, Freckles, Blackheads and Beautifies the Skin. 75c at all drug stores on a money-back guarantee. Adv.

Peace and War  
"Do you think we have many heroes nowadays?" "Sure! Look at the marriage statistics."

DEMAND "BAYER" ASPIRIN  
Take Tablets Without Fear If You See the Safety "Bayer Cross."  
Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 25 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

The good man who goes wrong is in reality a bad man who has just been found out.

# Children Cry for Fletcher's CASTORIA



MOTHER—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Purgative, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Dr. J. C. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.



# "But constipation is serious, Grace"

"Not so long ago I was like you—headaches a good deal of the time, sleeping badly, and the least bit of housework tired me out. My complexion too, was bad.

"Finally, I went to see Dr. Farman. He showed me that it was constipation that was back of my troubles. He said that it was a very serious thing because poisons from clogged waste matter were picked up by the blood and carried to every body organ. And if I didn't correct it in time I might become a victim of one of those terrible organic diseases.

"He made me drop laxatives altogether, changed my diet, and put me on Nujol. I don't think I've ever felt better. I sleep well, my headaches have disappeared, and you can see for yourself what an improvement there is in my skin. Nujol has done wonders for me."

Nujol Works Like Nature  
Constipation is dangerous for anybody. Nujol is safe for everybody. It is neither a food nor a medicine. It does not gripe. It is gentle and natural in its action and is prescribed by leading medical authorities.  
Nujol simply makes up for a deficiency—temporary or chronic—in the supply of natural lubricant in the intestines. It softens the waste matter and thus permits thorough and regular elimination without overtaxing the intestinal muscles.  
Nujol can be taken for any length of time without ill effects. To insure internal cleanliness, it should be taken regularly, in accordance with the directions on each bottle. As Nujol is not a laxative, it does not form a habit and can be discontinued at any time.

**ABSORBINE**  
Reduces Bursal Enlargements, Thickened, Swollen Tissues, Carbs, Filled Tendons Soreness from Bruises or Strains; stops Spavin Lameness, always pain. Does not blister, remove the hair or lay up the horse. Only a few drops required at each application. \$2.50 a bottle at all druggists or delivered. Book 1 A free.

**PISO'S**  
for Coughs  
Quick Relief! A pleasant effective syrup. 35c and 60c sizes. And externally, use PISO'S Throat and Chest Salve. 35c.

**ANTED** Young Men to Learn the BARBER TRADE  
college in the South. Jobs awaiting our graduates. Write Barber College, Charlotte, N. C.

**Forested It**  
Mother! Didn't your conscience tell you to touch that cigar?  
No, mother, I grabbed quick.

# Let this great Tonic build you up!

If your body is skinny and run-down, if you can't eat or sleep, have fits of nervousness, simply complexion, you need Tanlac to put some solid flesh on your starved bones and bring you back to health.



Thanks Tanlac for Good Health  
"Severe stomach pains worried me for over a year. Gas formed after eating. My kidneys, too, bothered me, and severe backaches. Thanks to Tanlac my appetite and digestion are O. K. and all pains have disappeared."  
Officer Wm. A. Jackson  
1644 So. Newell St.  
Traffic Officer Philadelphia, Pa.  
18th and Market Sts.

Tanlac is Nature's great tonic and builder. It is made, after the famous Tanlac formula, of roots, barks and curative herbs gathered from the four corners of the globe.

Get a bottle of Tanlac at your drugist's today. Start the good work at once. You'll feel better right from the first. In a week's time you'll feel like a new person.

For Tanlac gets right down to the seat of trouble. It purifies the blood, aids digestion, helps the appetite, puts on pounds of flesh.

Millions of men and women who were once sickly and discouraged have been lifted right back to health and strength by the Tanlac treatment. Our files contain one hundred thousand glowing testimonials from grateful users.

Tanlac will help you just as it has helped millions of others. Buy a bottle at your drug store today and start the winning fight

for prime, vigorous health. Don't put off good health any longer, and for constipation take Tanlac Vegetable Pills.

# Bayer Aspirin

SAY "BAYER ASPIRIN"—Genuine  
Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin prescribed by physicians and proved safe by millions over 25 years for

Colds Headache Neuritis Lumbago  
Pain Neuralgia Toothache Rheumatism

Does NOT AFFECT THE HEART

Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.  
Aspirin is the trade mark of Bayer Manufacture of Monocrocinatender of Salicylic acid

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Ask your druggist for Nujol today and begin the perfect health that is possible only when intestinal elimination is normal and regular.