

W.C. Letters

The first... twenty years ago, the second... recently by Mrs. J. H. Bourland, Frankston, Texas.

On 2, 1904, she writes:— For twenty-three years I was a constant sufferer from chronic arthritis. I had a severe misery and aching in the top of my head, a running dripping of mucus into the throat causing frequent expectoration. My entire system became involved and I grew worse. I seemed as if I could not recover from a constant cough and frequent attacks of bilious colic. My joints were affected, causing frequent hemorrhages. I tried many remedies and finally took Per-ru-na. In three days I was relieved of my bowel trouble and enabled to take my food. I most cordially recommend Per-ru-na.

On 20, 1924, Mrs. Bourland writes again:— I will soon be seventy-nine years and enjoy good health for one year. I still recommend Per-ru-na and take it myself when necessary.

For more than half a century Per-ru-na has a proud record of good done. Men and women of the world stand ready to testify to the value in the treatment of all rheumatic disorders.

Send 4 cents postage to the PER-UNA COMPANY, Columbus, Ohio, for book on catarrh.

Per-ru-na in either tablet or liquid form sold everywhere.

Best for 30 Years for Distemper, Pink Eye, Influenza, Laryngitis, Catarrhal Fever, Epizootic, Coughs or Colds. For Horses, Mules & Dogs. DISTEMPER COMPOUND

ALLSTONES and Related Ills. Chronic Indigestion, Gas on Stomach, Bitterness in Pit of Stomach, Heartburn, Sour Stomach, Biliousness, Dizzy Spells, Bad Headaches, Pain or Heaviness in Right Side, Constipation, Colic, Vomiting, Nausea, Trouble in Any Form. Relieved Without Operation in Your Own Home. With the FREE BOOKLET LORING PARK CLINIC 200 Harmon Place, Minneapolis, Minn.

Natural Question: Since children are just naturally light? What did yours do now?

Colds by millions ended. Hill's step millions of colds every winter—end in 24 hours. They end headache and fever, open the bowels, tone the whole system. Use nothing less reliable. Colds and Grippe call for prompt efficient help. Be sure you get it. Be Sure It's HILLS Price 30c. CASCARA QUININE with portrait

A Raw, Sore Throat. Eases Quickly When You Apply a Little Musterole. Musterole won't blister like the old-fashioned mustard plaster. Spread it on with your fingers. It penetrates to the sore spot with a gentle tingle, loosens the congestion and draws out the soreness and pain.

To Mothers: Musterole is also made in milder form for babies and small children. Ask for Children's Musterole. Jars & Tubes

MUSTEROLE WILL NOT BLISTER Better than a mustard plaster

Be sure the things that count—especially the primary arithmetic.

Sure Relief. BELLANS FOR INDIGESTION 25 CENTS. 6 BELLANS Hot water Sure Relief

BELLANS FOR INDIGESTION 25c and 75c Pkts. Sold Everywhere

STOP THAT ITCHING. You won't have to wait—relief follows the first comforting touch of Resinol

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

CANNING MEATS AT HOME IS IMPORTANT



Meats Must Be Canned in the Steam Pressure Canner.

(Prepared by the United States Department of Agriculture.)

The canning of meats on the farm has become one of the most important methods of food preservation. Only meats that have been freshly killed and cleanly handled should be preserved in this way. The United States Department of Agriculture recommends that the steam pressure canner should always be used. A high temperature of 250 degrees Fahrenheit, equivalent to a steam pressure of 15 pounds per square inch, is required to sterilize meats properly and prevent spoilage.

In selecting a pressure canner the following points should be carefully checked: A pressure canner should be strongly built and the top should clamp on tightly so that there is no leakage of steam when it is closed. There must be an air outlet with a pet cock and the top should be equipped with a pressure gauge, a thermometer, and a safety valve. Since the temperature is a measure of the pressure, it is ordinarily assumed that one can be interpreted in terms of the other. It is better, however, to have both a gauge and a thermometer, for the one serves to check the accuracy of the other. In size a pressure canner should be suited to the kind of containers and the probable number to be handled at one time. In case the canner must be lifted on and off the stove during canning, it is also important that it should not be too heavy.

Directions for Canning.

After slaughtering the meat may be prepared for canning as soon as the animal heat has disappeared. The directions below are given for canning roast pork, but they may be applied to similar cuts of beef or lamb. The meat should always be cooked and seasoned before it is canned—whether it is roasted, fried, baked, or stewed—just as though for immediate serving, so that the flavor will be retained. It need not be cooked tender but it should be cooked until the center is no longer red. Pack the meat as hot

as possible. Remove all bones and fill up the jar or can with hot gravy stock, so that the sterilization period will not be longer than necessary.

Either glass jars or tin cans may be used for canning meats. Full directions for each step in the process in either case will be found in Farmers' Bulletin 1186, "Pork on the Farm," and also recipes for preparing the various parts of the hog in different ways for canning. The flavoring and proportions in these recipes may be varied to suit individual taste, but the length of time and temperature for the processing period of each meat or mixture should never be changed.

How to Can Roast Pork.

The ham, shoulder or loin of pork is generally used for roasting. Scrape the skin clean and wipe it with a damp cloth. If the ham is used and the skin is left on, cut with the point of a knife just through the skin so as to dice it, and trim with cloves and tufts of parsley if desired. Salt and pepper to taste should be sprinkled over the ham. Heat in a roasting pan from two to three tablespoonfuls of grease. Put in the roast when this is hot and sear it quickly all over to seal the pores and prevent loss of the juice of the meat. Add two small turnips to the roasting pan and from one-half to one cupful of boiling water. Leave skin side up and do not turn, but baste frequently. When cooked through and nicely browned, slice and pack in cans or jars to within one-half inch of the top of the can. Add the gravy from the roasting pan, or soup stock, so that it barely covers the meat. There must be at least one-quarter inch space between the gravy and the top of the can. Close the can or jar, and process in the steam pressure cooker. No. 2 cans or pint jars are processed for 45 to 50 minutes at 250 degrees Fahrenheit or 15 pounds of steam pressure. No. 3 cans or quart jars from 55 to 60 minutes at the same pressure. In case the meat is fat time for processing must be prolonged 10 minutes.

a powder and the mold breaks up more readily than that of a soft-wheat flour. Weighing is still another method used to distinguish hard-wheat flours from soft. A quart of hard-wheat flour that has been sifted once,



Bread Made of Soft-Wheat Flour.

dipped lightly into the measure, and then leveled off, weighs about sixteen or seventeen ounces or even more. A quart of soft-wheat flour sifted and measured in the same way weighs only about fourteen or fifteen ounces.

New Dessert Combination Favored in New England

Ice cream served with hot Indian pudding may be a new idea to many people, but it is a favorite combination in New England, and is worth a trial anywhere. Use vanilla ice cream and make the pudding in the following way, recommended by the United States Department of Agriculture: Indian Pudding. 5 cupfuls milk 1 teaspoonful of 1-3 cupful of corn salt meal 1 teaspoonful of 1/2 cupful molasses ginger Cook the milk and meal in a double boiler 20 minutes; add the molasses, salt, and ginger; pour into a buttered pudding dish and bake two hours in a slow oven. This serves about eight persons. The ice cream may be placed on the same plate with the pudding, or served in a separate saucer. If ice cream is not used, serve the pudding with cream.

HOUSEHOLD NOTES

Flavor junket with coffee for a pleasant change.

Buy broken rice of best quality. It's a money saver and cooks quickly.

When clarifying fat, some housewives use a pinch of soda to whiten it and to help keep it sweet.

A congealed rug that has become cracked by accident may be mended

by putting a piece of adhesive tape, a little larger than the crack, on the under side. This will not show and will last indefinitely.

When breakfast cereal adheres to the pan in cooking, pour cold water into the pan after emptying and set on a hot stove for a few minutes.

Leftover mashed potatoes may be freshened up for another meal by merely steaming them until they become light and fluffy.

TOPCOATS OF GAY WOOLENS; KNITTED WEAR FOR CHILDREN

WERE your dreams last night, of living models passing in review, some garbed in handsome topcoats, others in trim tailored suits? No wonder, for it is the time of the calendar when sleep and calm are apt to be disturbed by the harrowing question as to whether it is the better part of wisdom to invest in a smart utility coat or a tailored suit. Both, if the pocket-book will agree, is the answer. Certain it is, that this year in particular, no fashionable wardrobe is complete without an up-to-the-standard topcoat. The vogue for the full-length coat worn over a dainty frock has never been more enthusiastically endorsed.

Topcoats, without a doubt, are a very important and immediate style item. It seems that the long coat is in

Mothers who are sighing for "new worlds to conquer" in the campaign of spring sewing which is usually on at this time of the year, why not try making a dress or so for little daughter of novelty knitted fabric? Knitted woolen and rayon weaves, sold by the yard, are accounted among the most stylish dress materials of the season. A cloth which is receiving considerable attention just now, is of knitted construction resembling tweed in its general appearance.

For children's dresses it is very charming as well as practical. The fact that it is beautifully colorful, makes it especially adaptable to little folks' wear—and then, best of all, it is a change from regulation gingham.



Of Gay Novelty Woollens.

particularly joyous mood this season. How could it be otherwise, styled as it is of novelty woollens, gay in coloring and striking in either striped, plaided, mottled, checked or tweed patterning.

Colors are considerably varied with pastel tones to the fore. At the same time a brighter shade range is also being featured. The plaid woollens are adorable and most of the coats thereof are fur-collared to blend. The youthful model in the picture is developed in a soft downy plaid of blue and gray, with collar of grisette

percales and the usual list of wash fabrics. Even the beginner in home dressmaking need have no hesitancy in attempting a frock as simply styled as is the one in the picture. The neckline is bound with a heavy silk braid while the sleeves and hemline are bordered with a loop-knit yarn binding which can be purchased at most every dress trimming counter.

A collection of knitted fabrics which stress the importance of color includes plain jersey in high sports shades and also delicate pastels, preferably peach rosewood, Nile, ashes of roses, maize



Simply Styled and Pretty.

fur. Set-on pockets and point-at-the-shoulder sleeves are accented style details. The lining of this modish coat is of gray crepe.

Dyed fur is being used in discreet quantity as a trimming for spring coats. A garment of soft green pile fabric is collared with leopard fur which is dyed rust color. This makes quite a stunning wrap.

Brown-striped homespun makes up modestly, maintaining in its styling severe simplicity. Another youthful utility coat of swaggar lines uses novelty striped camel's hair in its construction. Its collar is of nutria.

Raffia Sandals

Raffia sandals, the newest thing for southern wear, show colorful designs embroidered in straw. Others which show the new tendency in footwear are made of linen in a natural color, with designs worked out in mercerized thread of many colors.

Smaller but Higher

The small hats still hold their vogue, but the crowns are higher. Crowns come as high as many an American title hunter knows. Felts, reversible

felts, satin wrought felts and matted felts imitating dogskin, are the materials employed. The crowns are often plumed. The hats are amazingly simple. Dark red, claret and green are favorite colors.

Fan Shaped Vases of Glass

Vases shaped like fans are popular again. They are made mostly of glass and look like open fans. They prove singularly nice for wall vases or those which are placed against a panel or the like.

MOTHER!

Child's Harmless Laxative is "California Fig Syrup"



When a child is constipated, has wind-colic, feverish breath, coated-tongue, sour stomach, or diarrhea, a half-teaspoonful of genuine "California Fig Syrup" promptly moves the poisons, gases, bile, moving food and waste right out of the little bowels. Never cramps or overacts. Babies love its delicious taste.

Ask your druggist for genuine "California Fig Syrup" which has full directions for infants and children plainly printed on the bottle. Always say "California" or you may get an imitation fig syrup.

Many a poor man would be glad of the opportunity to make an after-dinner speech.

For a Beautiful Complexion. To remove Tan, Sunburn, Pimples, Freckles and Blackheads, use O. J.'s Beauty Lotion. Money back if not satisfied. 75c per bottle at all drug stores.—Adv.

As a man grows older he spends less time on his pleasures and more on his ailments.

For Cuts, Burns, Poisoned Wounds, any sore, mosquito bites, bee stings, use Hanford's Balsam of Myrrh. Antiseptic and healing. Three sizes; all stores.—Adv.

Lots of people marry money, but the license is always made out under another name.

A single dose of Dr. Peery's "Dead Shot" will expel Worms or Tapeworm. No second dose required. 372 Pearl St., N. Y. Adv.

As civilization advances children begin to worry at an earlier age.

Don't Be a Weak Woman!

Raleigh, N. Car.—"I was suffering with inward weakness, thru which I had become all run-down, weak and nervous. I had backaches, a tired, dull feeling, no energy. I was greatly in need of a tonic to build me up when I saw Dr. Pierce's Favorite Prescription advertised and decided it was just what I needed. It gave me more help than any other medicine I have ever taken. It relieved me of my weakness. I gained in weight and strength and was greatly benefited in a general way."—Mrs. Martha Honeycutt, 220 S. East St. All dealers. Tablets or liquid. Send 10c to Dr. Fierce, Buffalo, N. Y., for a trial pkc. tablets.

Rheumacide. Have you RHEUMATISM Lumbago or Gout? Take RHEUMACIDE to remove the cause and give the poison from the system. "RHEUMACIDE ON THE INSIDE" FOR THE REMOVAL OF THE CAUSE. At All Druggists. Jas. Bailly & Son, Wholesale Distributors Baltimore, Md.

For Constipation take DR. THACHER'S Liver and Blood Syrup. Keep yourself going at top speed, remove so many of the hazards to health, look well, feel well and act well. Do your duty to yourself. FREE—Liberal sample bottle at your druggist, or write Thacher Medicine Company, Chattanooga, Tennessee.

DON'T EXPERIMENT ON YOUR EYES MITCHELL EYE SALVE. heals inflamed eyes, granulated lids, stytes, etc. Sure, Safe, Speedy. 25c at all druggists. Hall & Ruckel, N.Y.C.

LADIES—Save Money on Hosiery. Send for plan and catalogue, showing newest colors for Spring and Summer 1926. W. F. White Store, Challoo, Virginia.

W. N. U., CHARLOTTE, NO. 8-1926.

Said Too Much. He (swearing)—"On my word of honor—as a gentleman." She—"Oh, why did you have to go and spoil it?"

Demand BAYER ASPIRIN. SAY "BAYER ASPIRIN"—Genuine. Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians 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 Monocetateester of Salicylicacid

The reason why love is blind is so that it will not see its finish. Don't give away all your good advice. Save a little for yourself. If a man is wedded to art he is apt to find the dowry unsatisfactory. Evil is wrought by want of thought as well as want of heart.

Constipation! How to Keep Bowels Regular

causes a gentle, easy bowel movement but, best of all, it never gripes, sickens, or upsets the 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.

Dr. W. B. Caldwell AT THE AGE OF 83

To Dr. W. B. Caldwell, of Monticello, Ill., a practicing physician for 47 years, it seemed cruel that so many constipated men, women, children, and particularly old folks, had to be kept constantly "stirred up" and half sick by taking cathartic pills, tablets, salts, calomel and nasty oils.

While he knew that constipation was the cause of nearly all headaches, biliousness, indigestion and stomach misery, he did not believe that a sickening "punge" or "physic" was necessary.

In Dr. Caldwell's Syrup Pepsin he discovered a laxative which helps to establish natural bowel "regularity" even for those chronically constipated. Dr. Caldwell's Syrup Pepsin not only

Dr. Caldwell's SYRUP PEPSIN