

Sooner or later, that day comes, the day when a woman feels she's changing. It's not a good feeling either. And she could use a good old-fashioned medicine then.

Could be you feel a little edgy, or maybe cross. You might even have what we call hot flashes and feel sad and slightly off-balance.

Whatever you feel, we have something for the day you need a little comforting. Lydia E. Pinkham Tablets. They're made with gentle, natural ingredients that work to give you a better sense of well-being.

With an old-fashioned problem like this, couldn't you take an old-fashioned medicine?

**Lydia E. Pinkham**  
Tablets and Liquid Compound

THE lady of



THE HOUSE z

By Mary Troy  
Homemaking Consultant to  
Jones & Laughlin Steel Corp.

"From The Kitchen Of . . ."

Gifts that you make in your own kitchen are unique and can't be duplicated. If you like to cook remember that cookies, cakes, candy or some special festive dish are always welcome for taste as well as thought. If you'd like to give more than your chef's creation, present the food gift in a container that can be used again for something else. For example, cookies in a stainless steel mixing bowl, or a set of three bowls with different cookies in each. These bowls, which are good looking, but not expensive, are versatile enough to serve, not only for mixing, but to hold fruits, flower arrangements and even as refrigerator storage containers. Some of the bowls have rings on them for easy wall hanging to save valuable storage space. Canisters are always a welcome gift and no matter what the kitchen decor, stainless steel food canisters will fit in. Fill a canister or two with the cookies or candies you've made for an added surprise.

Present your candy or cake on a stainless steel serving plate. Cover it with plastic wrap so that both goodies and plate are visible. Gifts of stainless have an heirloom look and require only soap and water care and never a dab of polish.

SEWING MACHINES

Good Used Electric Trade Ins Fully Guaranteed, Cabinet Models And Portables From \$29.50 Up. Singers, Morse, American Home, Atlas New Home, White, Kenmore, Ect. Free Home Demonstration

Call Asheville

253-8277 Or Write SERVICE DISCOUNT CO.  
P.O. BOX 2101 HICKORY, N. C.

WHO NEEDS  
MISTLE TOE WHEN  
THE GIFTS FROM:

The Doris Shoppe  
Burnsville, N. C.

THAT'S RIGHT,  
SHE'LL THINK YOU'VE  
THE MOST WONDERFUL  
SANTA IN THE WORLD  
WHEN

HER GIFT COMES FROM  
DORIS SHOPPE

ROBES  
GOWNS  
SLIPS  
PANTIES  
HOSIERY  
PAJAMAS

Dresses  
Suits  
Coats  
Sweaters  
Skirts  
Slacks  
Gloves  
Jewelry  
Blouses  
Hats

All Gift Wrapped  
Free

WRAP IT UP EARLY  
CHRISTMAS

solve gift problems and save at

POLLARD'S DRUG  
STORE

Cosmetics For Men & Women  
Manicure Sets Costume Jewelry  
Electric Shavers

Hallmark  
Christmas  
Cards  
Bibles  
Monogrammed  
FREE

Cigarette Lighters  
Pipes  
Cameras, Film  
Timex Watches  
Billfolds  
Stationery

Amity Carrying Cases  
8 Millimeter Movie Projector  
Slide Projector  
Electric Shoeshine Kits

Christmas Candy - Pangburns & Hollingsworth