

HOW MANY WOMEN GET UP SINGING

Two Women Find Health Essential to Happiness



MRS. BELLE THOMPSON
ROUTE 2, ROSSVILLE, GEORGIA

"My mother-in-law," says Mrs. Belle Thompson, Route 2, Rossville, Ga., "told me of Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Sanative Wash. I took six bottles of the Vegetable Compound. I could sleep and would get up in the morning singing and feeling fine. I am the mother of three children, and always after the babies came I had to take treatments, but I can truly say that this last time I have only used the Sanative Wash. It does more good than the treatments. It keeps me on my feet to care for my children and I do most of my work. I feel it my duty to let you know how both of the medicines have helped me."

Another Happy Woman

Decatur, Illinois—"I took your medicine for weakness. I would sometimes have to hold myself up with my hands. I was this way for five years, off and on. I read in the newspapers where Lydia E. Pinkham's Vegetable Compound has helped a lot of women, and I thought I would take it. I am now getting better so fast that every month I can feel a difference. My work now is cooking. If you like, you may use these facts as a testimonial. I am willing to help you boost your medicine."—Mrs. Inez Rizz, 535 Greenwood Ave., Decatur, Ill. This dependable medicine has been in use for over fifty years.

? MEN?

You have no reasons for being **BALD**, when **Forst's Original BARE-TO-HAIR** grows hair and saves what you have.

Drug Stores and Barber Shops. Correspondence given personal attention.

W. H. FORST, Manufacturer
SCOTTS DALE, PA.

Leads in Maple

New York state produced more maple sugar and sirup this year than Vermont. Of the large producing counties in the state, Wyoming county stands at the head with a production of 96,000 pounds.

All Right, Then

"Another new hat! When will you cease these useless purchases you make under the pretext that they are cheap?"

"But this one wasn't cheap!"—Ruy Blas, Paris.

THE KITCHEN CABINET

(© 1926, Western Newspaper Union.)

How can anyone start the day properly if he wakes in a room where the paint and wallpaper are constantly making faces at the furniture?

HELPFUL HINTS

Sliced cold roast beef makes a most tasty dish when combined with potatoes, onions and tomato. Put a layer of thinly sliced uncooked potato into the bottom of a baking dish, cover with a thin layer of thinly sliced onion, then add a layer of thinly sliced beef, cover with tomato and bake until the potatoes are well done. If gravy is at hand it adds to the flavor, covering the meat with the gravy. Serve with a spoonful or two of cooked peas over the top of the dish.

It is hard to teach the average housewife to buy the coarser cuts of meat. They have more flavor and as much nourishment as the steaks and tender portions. Meat that has been used for soup has lost its flavor, but the food value is still there and by adding various seasonings a most palatable dish will result. The meat which has the most flavor is found in the parts of body most active, like the legs and neck. These are the cheaper cuts.

For the second meal cut the meat into bits. Fry onion in a little butter, remove the onion when light brown and add the meat. Add stock or water and cook five minutes, season with two teaspoonfuls of curry powder, thicken the gravy with flour and add a tablespoonful of vinegar. Serve with a border of rice.

Milk at fifteen cents a quart is cheaper food than meat and eggs, while in small towns where milk is nine and ten cents a quart it is cheap food.

Most housewives have a certain amount to spend for food. If the amount is small, all the more need that it be spent wisely, so that her family gets to the limit every cent invested for the most satisfying and nourishing food. The haphazard buying which is common in many households, the last minute order, means either feast or famine. Marketing in person when possible is the best way; it teaches self-control, by being able to pass by the food too expensive for the purse and often one finds real bargains in foods that the family enjoys.

A thrifty housewife may have two good meals from a three-pound knuckle of veal. Cover the meat with cold water and cook at a low temperature until the meat is tender, but not tasteless. Remove the meat from the broth, add two tablespoonfuls of rice that is well cooked, a grating of lemon rind, or a bit of nutmeg or mace, a pint of milk and serve at once.

What to Eat.

There are few people who feel that a meal is satisfying which is not finished with some kind of dessert.

Junket is a most delicious dessert for a hot day; it may be varied by the use of fruit pulp and whipped cream as a garnish. Add a tablet of junket to a quart of lukewarm milk, add sugar to sweeten and stir until the tablet is well dissolved. Crush the tablet and let stand in a tablespoonful of water to dissolve before adding to the milk. Let the mixture stand in sherbet cups in a warm room until the junket is set. Mash bananas and cover each sherbet glass with the pulp and top with whipped cream when ready to serve. Peaches or other fruit may be used.

Peach Sherbet.—Put a pound of sugar and a quart of water on to boil for twenty minutes. Let cool, then add one and one-half cupfuls of peach pulp, the strained juice of an orange and the juice of half a lemon. Freeze.

Mint Sherbet.—Soak half a cupful of chopped mint leaves in the juice of two lemons half an hour. Boil two cupfuls of sugar and a cupful of water five minutes, then pour over the other ingredients. When cold strain into a freezer, add the grated rind of the fruit and a well-beaten egg white, with a cupful of stiffly beaten cream. Serve with lamb roast or as a dessert.

Date Crackers.—Put a pound of washed and pitted dates with a cupful of sugar and one-half cupful of water into a saucepan and cook until smooth. Cool. Cream a cupful of shortening, add a cupful of brown sugar, two and one-half cupfuls of rolled oats which have been parched to a light brown, and two cupfuls of flour; stir until well-blended, add a teaspoonful of soda in half a cupful of hot water and stir into the mixture. Roll out, cut and place a spoonful of fruit on a cookie, cover with another, then bake.

Larded Beef Tenderloin.—Cut the salt pork for larding from the firm fat portion nearest the rind. Cut the lardons into strips one-fourth inch wide and as long as the slices will permit. Chill the lardons in iced water before threading and insert them one-fourth inch below the surface, draw through, tying in a loose knot.



Lucky Man Gets All

A tontine agreement is an arrangement by which a group of persons share certain benefits or moneys on such terms that in the event of the death or default of one or more members these shares are divided among the remaining members, until one person has the whole amount or advantage. In most modern insurance tontines the whole goes to those remaining in the group on the expiration of the tontine period.

Freshen a Heavy Skin
With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Advertisement.

Generous Offer

Notice in a movie theater: "All children accompanied by parents under twelve years of age admitted free."—Boston Transcript.

"BAYER ASPIRIN" PROVED SAFE

Take without Fear as Told in "Bayer" Package



Does not affect the Heart

Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-five years for

- Colds
- Neuritis
- Toothache
- Neuralgia
- Headache
- Lumbago
- Rheumatism
- Pain, Pain

Each unbroken "Bayer" package contains proven directions. Handy boxes of twelve tablets cost few cents. Drugists also sell bottles of 24 and 100.

Not His Habit

"Why don't you pay attention?" he shouted. "I never pay anything," the dead-beat snorted.—Good Hardware.

Sound Basis

"What makes them such good friends?" "What they don't know about each other."

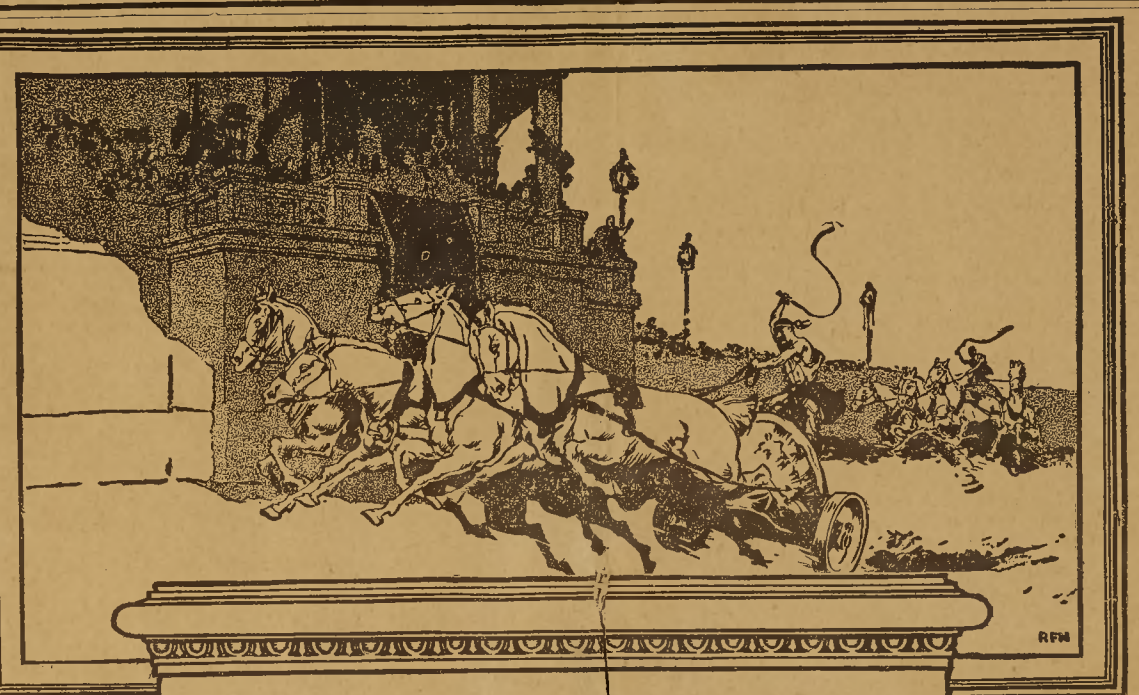
Merrie Maxwell

Cities' Names Changed

New York was formerly called New Amsterdam. Chicago is the original name of that city, which the Indians gave it. Los Angeles was formerly known as Pueblo de Nuestra Señora la Reina de los Angeles.

Greek Irrigation Tried

Irrigationists in Australia are experimenting with a system used by the ancient Greeks in Theodosia, by which water for irrigation purposes was carried through sandstone dikes.



FISHER DESIGN SETS THE PACE

The pace set by Fisher—and exemplified in the beautiful new General Motors cars now commanding public attention—is the guide for the entire motor industry.

Fisher's vast experience, Fisher inventiveness and Fisher's unapproached facilities devise and perfect the beauties, comforts and conveniences which attract you to the leading new cars in all price classes—Cadillac, Buick, Chevrolet, Oakland, Oldsmobile and Pontiac.

For instance, Fisher achieves a new degree of safety—and nothing less than a Body by Fisher can approach it even after seasons of striving.

Fisher leads the way in luxurious fittings and decorations—and all the industry follows.

Fisher creates new standards of beauty in line and finish—and those standards are the measure of value for all of the world's cars.

It is easy to see, therefore, why the foremost of the new cars in all price classes carry the emblem—Body by Fisher.

And easy to understand why buyers the world over proclaim as the hallmark of quality that same magic symbol—Body by Fisher.

FISHER BODIES

GENERAL MOTORS



Of the collection plate it may be truly said, "And it came to pass." Youth is wholly experimental.—Stephenson.

No man with only one wife to advise him could ever hope to be as wise as Solomon.

Choose your new car from the General Motors Line

In the past twelve months the public has purchased 1,086,590 General Motors cars, an unprecedented record.

This great volume of business has made possible still further economies and these have been put into the quality of the 1927 series now on display by General Motors dealers.

The new General Motors line is first of all a quality line. It embodies every advantage of research. It has been proved at the General Motors Proving Ground. Every car finished in Duco; the closed cars have Fisher Bodies.

It is a complete line. It includes 59 models of open and closed types, ranging in price-at-the-factory from \$510 to \$4,350. Within it you will find the car you want at the price you want to pay.

We invite you to visit the show rooms of our dealers and select your new car from the General Motors line.

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CHEVROLET · PONTIAC · OLDSMOBILE
OAKLAND · BUICK · CADILLAC
GMC TRUCKS
YELLOW CABS, BUSES AND TRUCKS

"A car for every purse and purpose"

Children Cry for

Fletcher's CASTORIA



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

To avoid imitations, always look for the signature of Charles H. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

A Handicap

Mae—I can't dance with you because of a couple of big stringed instruments.

Herb—What big stringed instruments?

Mae—Your shoes—they're always in my way.

As a rule, sharp business men are rather blunt.

How About the Woman?

"There is one good thing about marriage."

"What is it?"

"It makes a man think more and talk less."—Boston Transcript.

All verdure has been stripped from a seven-acre wood in England by an invasion of starlings. Millions of the birds killed all the small trees.



The first mosquito discovers Bopp Family

DON'T let mosquitoes spoil your summer. Spray them with Flit.

Flit spray clears your home in a few minutes of disease-bearing flies and mosquitoes. It is clean, safe and easy to use.

Kills All Household Insects

Flit spray also destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate fabrics.

Flit is the result of exhaustive research by expert entomologists and chemists. It is harmless to mankind. Flit has replaced the old methods because it kills all the insects—and does it quickly.

Get a Flit can and sprayer today. For sale everywhere.

STANDARD OIL CO. (NEW JERSEY)

FLIT

DESTROYS
Flies Mosquitoes Moths
Ants Bed Bugs Roaches

"The yellow can with the black band"

WHAT CAUSES BOILS.

Boils and carbuncles are the result of improper diet or infection of the skin. It's sometimes hard to determine the exact cause but CARBOLIL will give quick relief. No expensive operation is necessary as one application of CARBOLIL promptly stops the pain and continued use draws out the core. Get a 60c box from your druggist. Your money back if you are not satisfied.

*SPULLOCK-NEAL CO., NASHVILLE, TENN.

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Veripure Vegetable Soap
Guaranteed Strictly Vegetable
Contains No Animal Fat

\$1.00 BRINGS you two cartons (eight bars) of the wonderful new soap for toilet, baby, bath, etc. Removes dirt and grime in a jiffy and lathers like lightning, in hard, soft, hot or cold water. Great for shampooing the hair. Prepaid anywhere in the United States on receipt of price.

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FRECKLES!

of all kinds vanish when Dr. C. H. Berry's Freckle Ointment is used. Your friends will marvel at the change in your complexion. The ointment dissolves freckles, leaving your skin clear and soft too. We guarantee 100% satisfaction. Cash by return mail. Freckle Ointment, 25c. Send for FREE BOOKLET.

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DON'T RUB!

INFLAMED LIDS
It increases the irritation. Use MITCHELL'S EYE SALVE, a simple, dependable, safe remedy. Size at all druggists. Hall & Stockell, New York City.

75 ACRES, LEVEL, 6 MILES WEST OF Salisbury, N. C. on new county road. 25 acres in one field; 8-room house, new barn; other buildings; water, pasture, timber. Convenient to V.A. D. C. LINN, LANDIS, N. C.

BIG 10 COMBINATION

A wonderful assortment. All good useful and novel items, worth up to 25c each. Send one dollar for all ten, postpaid. Resurrection Plant, placed in water will open and grow; Silk Flag, mounted on spear; Household Thermometer; Jap Water Plovers dropped on water, will flower; Argum, large piece; Cutwater Panel Sharpen; new better; Cortez Penholder, 7 in., large cork tip; Diamond Flat Whistlers, mending tissue for cloth, large piece; Glass Cutter, tempered steel cutting Wheel, Mail, Sales Co., 41 W. 26 St., Indiana, Ind.

Ladies—"Pee-Wees" Will Hold Lingerie Straps on shoulders. Every woman needs them. Agents wanted. Sample ten cents. J. C. Wilson Co., 184 E. 66th Place, Chicago, Ill.

CASH PAID FOR FALSE TEETH. GOLD bridges, crowns, old plates, diamonds, discarded jewelry, untraced points. Cash by return mail. Florida Gold Refining Co., 21 Adams, Jacksonville, Fla.

COTTON AND TURKEY FARM, 150 acres, one mile Woodleaf, N. C. on good sand clay road; 120 acres wired for poultry or stock; attractive 7-room house; two other houses, substantial barn and outbuilding.

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Dealers; Agents; Salesmen; earn \$200 weekly selling radios on installment plan. Free demonstrator. Livingstone Radio, North, E. C.

FATHER AND MOTHER GUARD YOUR CHILDREN'S health with Vital-Breast. Try it once for health's sake; \$1.00. ZETTLER, 128 E. 23rd St., New York, N. Y.

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