

12 Resolutions Are Suggested For Housewife

Ingenuity And A Careful Budgeting of Time Are Advised

Here are some hints that might form the basis for practical New Year's resolutions if adopted by the housewife.

1. Calories, vitamins, minerals, etc., are going to take a back seat. Don't be alarmed. The family will surely be provided with foods that supply the necessary nutritive qualities but don't stress this all the time.

2. Early to market beginning tomorrow and there is a reason. Stores are less crowded, service is better, there is a greater selection of food, especially fresh vegetables and meats, and the rest of the day is free to go about other tasks uninterrupted.

3. Have a market order. It will discourage those too frequent extra trips for a forgotten pound of coffee or bar of soap.

4. If you haven't an emergency pantry shelf, there is no time like the present to start one. Make sure that you will never be caught without something to eat in the house when your mother-in-law or your husband's boss drops in unexpectedly for dinner.

5. Here is an opportunity to bring variety into your menus. Have a new dish at least once a month. It may be a vegetable that you have never served or just a new recipe that someone has told you about. Seafood offers unlimited opportunities to bring new dishes to your menu.

6. Speaking of recipes, why not start a scrapbook or recipe file, and clip the interesting ones that you see in your daily paper or magazines. When you feel that you are desperate for new menu suggestions refer to your scrapbook. A book of this type will put a new slant on dishes that will interest the family.

7. Do you have a working routine for your kitchen tasks? For example, set aside one day to defrost and thoroughly clean the refrigerator, another to check over the stock on your pantry shelves, a definite time to give your order for staple groceries, another time to clean the bread and cake boxes, and so on. You might set aside one morning in the week that is usually a dull one and give it over entirely to putting the kitchen in spick and span order.

8. Children's luncheons need more attention. If the youngsters carry a luncheon box to school, be sure that they have an assortment of sandwiches, fruit or cake and not the same thing day after day. A thermos bottle for hot soup, milk or cocoa is an inexpensive lunch-box accessory and still it keeps the school lunches from becoming too hum-drum. A pudding or perhaps a salad will be a pleasant addition to the box lunch.

9. This is just another way to have more leisure. Use the many delicious canned soups, jellies, stews, vegetables and fruits with which your grocer will supply you, instead of preparing all these dishes in your own kitchen. Canned, strained vegetables and fruits for babies are recommended by physicians for infants. Get several cans of strained baby food for your baby then, just to give it a try, instead of spending weary hours in the kitchen cooking and purreeing it yourself.

10. Don't always have the conventional dinner of soup, meat, potatoes, a vegetable, bread, salad and dessert. Try meat substitutes occasionally, a salad meal, soup as a main course and once in a while omit bread and dessert because there are interesting dishes to take their places.

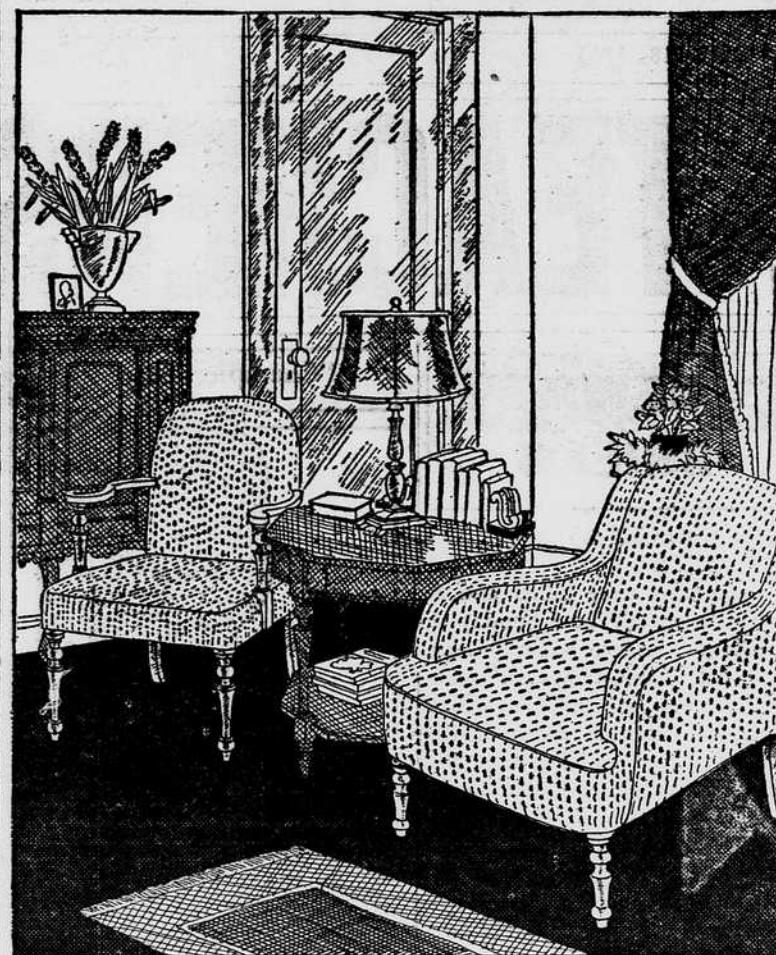
11. If you feel that cooking is a burden check up on your kitchen equipment and if it doesn't suit you, see what can be done about it. This doesn't mean that you must have a new range, refrigerator or kitchen

Lady Says She Took CARDUI for Cramps; Was Soon Relieved

Women who suffer as she did will be interested in the experience of Mrs. Maude Crafton, of Belleview, Ill., who writes: "For several years, I suffered from irregular trouble and cramping. There would be days when I would have to stay in bed. I would get so nervous, I was miserable. My aunt told me to try Cardui. She believed it would build me up, regulate me and help the nervous trouble. I knew after taking half a bottle of Cardui that I was better. I kept on taking Cardui and found it was doing me a world of good. I am in good health, which means a lot to me." . . . Thousands of women testify Cardui benefited them. If it does not benefit YOU, consult a physician . . . Price \$1.

Making The Home More Livable

The Correct Living Room Table Lamp Does Its Share



By Jean Prentice

IT ISN'T that husband or wife is selfish—but sometimes when they settle down in their chairs beside the living room table for an hour or so of reading, one or the other unconsciously reaches out to pull the lamp closer. And their mate is left out in the dark!

We'll have to blame the lamp. For that doesn't happen to the persons who inhabit the living room sketched above. When the two chairs are occupied, and books or newspapers are opened, this lamp is as kind to the eyes of the one as to the other's, and serves each reader equally well. It "stays put" in the center of the table.

I wonder if the lamp on your living room table has the good traits of this one? Your tape measure or ruler will help tell you. Height of this lamp is from 23 to 26 inches and the bottom diameter of the shade (which, by the way, is of course open at the top) is between 16 and 18.

And how important are the height of the standard and the width of the shade, say lighting scientists! Upon them depend the proper spread and

cabinet. It is the little things that count. Baking will be simpler and more successful if you have a thermometer and heat control attached to your oven. Measuring will be more accurate if you discard the tea cup and get a set of modern measuring cups. Oven dishes will be a pleasure to prepare if you have one of those new flowered baking dishes that can be served direct from the oven to the table.

12. If you want to make your New Year's resolution short and snappy and to the point, put it this way: I resolve to use my ingenuity and budget my time as carefully as my money.

Explorers have discovered new land in Antarctica as big as Texas and claimed it for the United States but the speculators should wait until the snow melts off before paying \$3,000 a piece for any corner lots down there.

The flappers are blamed for giggling so much, but perhaps you can not blame them, when you look at the calves with whom they keep company.

RUPTURE

H. L. Hoffmann, Expert, former associate of C. F. Redlich, Minneapolis, Minn., will demonstrate with charge his "Perfect Retention Shield" in SALISBURY, Saturday, January 19, at the Yadkin Hotel from 10 A. M. to 4 P. M. Please come early. Evenings by appointment.

Any rupture allowed to protrude is dangerous, weakening the whole system. It often causes stomach trouble, gas and backpains.

My "Perfect Retention Shields" will hold rupture under any condition of work and contract the opening in a short time.

Do not submit to avoidable operations and wear trusses that will enlarge the opening. Many satisfied clients in this community. No mail order.

HOME OFFICE:
305 Lincoln Bldg., Minneapolis,
Minn.
Jan. 4-11.

Nerves

Do they torture you by day?

Keep you awake at night?

What is it that keeps hospitals open and doctors busy? NERVES.

What is it that makes your face wrinkled and makes you feel old? NERVES.

Nine times out of ten it's NERVES that make you restless, worried, haggard.

Do they make you Cranky, Blue—give you Nervous Indigestion, Nervous Headache?

When nerves are over-taxed, you worry over trifles, find it hard to concentrate, can't sit still. Nerve Strain brings on Headache. Nervous people often suffer from Indigestion. There may be absolutely nothing wrong with the organs of digestion, but the Nerves are not on the job to make the organs do their work properly.

Do they interfere with your work; ruin your pleasure; drive away your friends?

You're cheating yourself and the man who pays you if you work when your NERVES are not normal.

You can't have a good time when you are nervous. You can't make or keep friends when you are keyed up and irritable. You may excuse yourself, but to others you are just a plain crank.

Quiet your nerves with

DR. MILES'
NERVINE

Liquid and Effervescent Tablets

Gold Hill Route 1

The health of the people in our section seems to be some better now than a few weeks ago, a good many families had bad colds and the flu, but glad to report they are getting better and some are well now.

Mr. Lee Troutman and two boy friends, of Salisbury, visited in the home of P. H. Wagoner last Saturday. Come again soon boys and I hope I can be here to go hunting with you.

Mr. and Mrs. David Brown, of High Point, spent Saturday night and Sunday with Mrs. Brown's father and mother, Mr. and Mrs. Rufus Lowery. Also Mr. John Morris and children and Ray, Mary Ruth, Lee and Lillie Mae Wagoner spent a while Sunday at Mr. Lowery's.

Mr. and Mrs. J. L. Morgan are spending a while back at his old home with Mr. and Mrs. Grover Williams.

P. H. Wagoner and wife, Mr. and Mrs. Mack Parker and James (Billie) Glover spent a while in the Guilford Co. home near Greens-

boro, Sunday. Mrs. Parker and her brother, James, have a half brother "Irvin" who is now an inmate at the county home there. He is getting along just fine now.

There is a lot of traffic on the highway between Salisbury and Greensboro. We saw two wrecked cars on our way over to the Guilford county home Sunday. Speed cops were standing pretty often along the highway, but the people seem to drive pretty fast just the same. If all car owners would observe and keep the speed laws of our highways and drink their intoxicating drinks at home there would be but few wrecks and few people killed on the highways.

The white collar worker finds he is a soiled collar one on Saturday afternoon, after his wife has ordered him around on household jobs.

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Anne Gould Elopement



VICKS COUGH DROP

... Real Throat relief!
Medicated with ingredients of Vicks VapoRub
OVERCOMES BAD BREATH

WEAK AND SKINNY MEN, WOMEN AND CHILDREN

Saved by new Vitamins of Cod Liver Oil in tasteless tablets.

Pounds of firm healthy flesh instead of lumpy, soggy bodies. New vigor, vim and increased vital activities! Steady, quiet nerves! That is what thousands of people are getting through scientific discovery—the Vitamins of Cod Liver Oil concentrated in little sugar coated tablets without any disagreeable fish taste or smell.

McCoy's Cod Liver Oil in Tablets, and they simply work wonders. A little boy of 3, who was sick, got well and gained 10% lbs. in just one month. A girl of thirteen after 8 lbs. each week after 3 months, and gained 8 lbs. in the first week and 8 lbs. each week after. A young mother who could not eat or sleep after baby came, got all her health back and gained 10 lbs. in less than a month.

You simply must try McCoy's at once. Remember, if you don't gain at least 5 lbs. of firm healthy flesh in a month get your money back. Demand and get McCoy's—the original and genuine Cod Liver Oil Tablets.

Instituted by Good Housekeeping Institute. No substitutes. Insist on the original McCoy's. They are none better.

New Kidneys

If you could trade your neglected, tired and lack kidneys for new ones, you would automatically get rid of Night Rising, Nervousness, Dizziness, Rheumatism, Burning, Itching and Acidity. To correct functional kidney disorders, try the guaranteed Doctor's special preparation called CYSTOL. Send 50¢ for your sample and if you like it, mail \$1.00 for a box.

They say that the modern girl in many places expects to be taken out to supper now after a dance has finished, but the dance should not end at such a late hour that it is most time for breakfast before they get through supper.



LETTER HEADS

SALES BILLS

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PROMPT WORK - LOW PRICES

When you want printing you naturally want good printing, promptly done and at fair cost. . . . That is the kind of printing we are qualified to render. We have modern type faces, a wide selection of paper stocks and layout suggestions which will enable you to attain real quality character for your business or enterprise. Be the job large or small we can serve you. If you will phone, our representative will call, and, if you wish, assist you in planning the work to be done.

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