

CURED ECZEMA OF THE SCALP

Mr. H. C. Berry, Baltimore, Md., writes: "For a great number of years I suffered greatly with Eczema of the scalp, which during the warm weather tormented me almost to death. I saw several of the best Southern physicians but none of them were able to do anything for me. A traveling companion induced me to try a bottle of Hancock Liquid Sulphur. I first used it diluted and it greatly relieved me. Since then I have used it natural strength and it has cured me completely. I cannot speak too highly of it and will gladly say more to anyone who desires to know just what it has done for me."

Hancock Sulphur Compound and Ointment are sold by all dealers. Hancock Liquid Sulphur Co., Baltimore, Md. Write for Booklet.—Adv.

Fore and Aft.
"What do you think of these weather forecasts?"
"I think they might be nearer right if they were aftercasts."

Practical Philanthropy.
"Can't you help me a little, mister?" whined the measly mendicant. "I'm trying to raise the price of a ticket to Woppykasoo. I've got a brother-in-law there, and—"
"Out of consideration for your unfortunate relative," replied J. Fuller Gloom, "I will not give you a cent.—Judge."

To Fortify the System Against Summer Heat
Many users of Grove's Tasteless Chill Tonic make it a practice to take this old standard remedy regularly to fortify the system against the depressing effect of summer heat, as those who are strong withstand the heat of summer better than those who are weak. Price 50c.

David may have been right when he said in haste that all men were liars, but it isn't always an easy matter to catch them with the goods.

For sprains make a thorough application of Hanford's Balsam, well rubbed in. Adv.
A man's strength is estimated by his ability to fight against odds.

What is Castoria

CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The children's Panacea—The Mother's Friend.
The Kind You Have Always Bought, and which has been in use for over 80 years, has born the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.
Genuine Castoria always bears the signature of *Chas. H. Fletcher*

DO YOU HAVE SICK HEADACHE

Who of us does not suffer at times from this awful pain? All are subject to it—a disordered stomach, inactive liver, constipation are causes. But headaches are mere warnings of something more serious. Heed the warning, take

Dr. THACHER'S Liver and Blood Syrup

and head off the more serious ailments. This preparation positively relieves all perils of constipation and its kindred disorders, and restores the system to its normal condition—gently but thoroughly. Get a bottle today. Two sizes, 50c and \$1. All dealers.

KIDNEY TROUBLE Is a deceptive disease—thousands have it if you want good results you can make no mistake by using Dr. Kilmer's Swamp-Root, the great kidney remedy. At druggists in fifty cent and dollar sizes. Sample size bottle by Parcel Post, also pamphlet telling you about it. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.

A Mistake.
"After all, there's no reason in the world why women shouldn't vote if they choose."
"Very true, and if we men hadn't been foolish enough to oppose the idea they never would have wanted it."
Sold upon merit—Hanford's Balsam. Adv.

Hope is all right when it forms a partnership with hustle.



Tube Rose Satisfies
The Green Labels Are Good For Premiums
If your dealer won't supply you, send us 5c for a 1½-oz. can, or 60c for twelve.

STANDARD OF EXCELLENCE
SOUTHERN MADE
CHATTANOOGA BAKERY
CHATTANOOGA, TENN.
W. N. U., CHARLOTTE, NO. 24-1916.

Resinol stops itching and burning

If you are suffering with eczema, ringworm, rash or other tormenting skin-eruption, try Resinol Ointment and Resinol Soap. You will be surprised how quickly the itching and burning stop and the skin becomes clear and healthy again.

Resinol Ointment and Resinol Soap have been prescribed by physicians for over twenty years. Sold by all druggists, for free trial size of each write to Resinol Chem. Co., Baltimore, Md.
Resinol Shaving Stick makes daily shaving easy for tender-faced men.

HELP FOR WORKING WOMEN

Some Have to Keep on Until They Almost Drop. How Mrs. Conley Got Help.

Here is a letter from a woman who had to work, but was too weak and suffered too much to continue. How she regained health:—

Frankfort, Ky.—"I suffered so much with female weakness that I could not do my own work, had to hire it done. I heard so much about Lydia E. Pinkham's Vegetable Compound that I tried it. I took three bottles and I found it to be all you claim. Now I feel as well as ever I did and am able to do all my own work again. I recommend it to any woman suffering from female weakness. You may publish my letter if you wish."—Mrs. JAMES CONLEY, 516 St. Clair St., Frankfort, Ky.

No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism.

All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice.—It will be confidential.

Kill All Flies! They Spread Disease
Fixed anywhere. Daily Fly Killer attracts and kills all flies. Neat, clean, ornamental, convenient, and cheap. Lasts all summer. Made of metal, any 1 cent or 2 cent tin will hold 100 flies before requiring refilling. Guaranteed to kill all flies. Sold by dealers, or direct from the manufacturer, at 10c per tin. Write for literature. HAROLD BEMERS, 150 DeKalb Ave., Brooklyn, N. Y.

Tutt's Pills

The dyspeptic, the debilitated, whether from excess of work of mind or body, drinker or smoker, will find Tutt's Pills the most genial restorative ever offered the suffering invalid.

Courtesy opens many doors and the lack of courtesy leaves them open.
Wounds on man or beast should be healed by Hanford's Balsam. Adv.
A woman is never satisfied until she can do things two different ways.

Cures Ivy Poisoning.
For ivy poisoning apply Hanford's Balsam. It is antiseptic and may be used to kill the poison. Prompt relief should follow the first application. Adv.

Good Old Circus Band.
In the American Magazine is a story by Henry Wallace Phillips in which he says: "You take a circus band; they don't go piking along—one, two, three—every man with his little note, right there, like a gold-darned steam engine. No, sir! The circus band is there to make a joyful noise, and it does it. If one feller happens to be a trifle late or early with his contribution, nobody looks scornful at him. He's a good feller, just the same, so long as his wind holds out."

Sure Way.
"Senator, I wish you'd recommend this young man for office."
"But I know of no office I could get him."
"That's all right. I don't really want him to get any office. But he wants to marry my daughter, and if he has done anything shady in the past I'd like to have the facts brought out."
Louisville Courier-Journal.

Acknowledged His Guilt.
Mugge—Behold in me a self-made man.
Diggs—I congratulate you because of your charitylessness.
Mugge—Beg pardon?
Diggs—It is certainly charitable of you to assume the blame.

It's as hard for a young woman to lose a millionaire as it is for a strong man to lose an heiress.

Concentrated Satisfaction
A great many former users of tea and coffee have learned that there is a pure food beverage made from wheat, which has a delightful flavor.

It never exacts of its users the tribute of sleeplessness, heart-flutter, headache and other ills often caused by the drug, caffeine, in coffee and tea.

Instant Postum

suggests the snappy flavor of mild java coffee, but is absolutely free from caffeine or any harmful ingredient. Instant Postum is in condensed, soluble form, and wonderfully convenient for the home—for the picnic—for travel—everywhere.

If tea or coffee interferes with comfort or success, as it does for many users, try a shift to Postum.

"There's a Reason"

CONFECTIONS MADE AT HOME

Delicious Marshmallows Require Only a Moderate Amount of Care in Their Preparation and Serving.

If you wish pure, delicious marshmallows, soak two tablespoonsfuls of gelatin in ten tablespoonsfuls of cold water until soft. Pour ten tablespoonsfuls of boiling water over two cupsfuls of sugar, and boil until it makes a sirup which will form a thread when dropped from the spoon. Remove the sirup from the fire and stir into it the softened gelatin. Let stand until cool, then add salt and flavoring and beat until it becomes stiff enough to hold its own shape. Pour the candy into granite pans dusted with powdered sugar and let stand in a cool place until set. Cut in cubes and roll in powdered sugar.

Chocolate marshmallows are made either by coating the plain marshmallows with melted, unsweetened chocolate, or adding melted chocolate to the marshmallow mixture before cooking. Chopped nuts or candied fruits may be stirred into the mixture after it has been removed from the fire. Instead of vanilla flavoring, fruit juice may be used in place of part of the water. Marshmallows are dainty and attractive if rolled with grated coconut before being coated with sugar.

HOUSEHOLD HINTS

One tablespoonful of brown sugar added to two tablespoonfuls of flour and three of cold water and cooled, stirring constantly, until creamy, makes a most excellent paste. Makes a splendid sizing where wall paper refuses to stick to a painted wall.

Keep candles on the ice for a day before using on a birthday cake, and they will burn slowly and evenly.

When dropping muffin dough into the tins, first dip the spoon into boiling water and the dough will not stick to the spoon.

Place crumpled tissue paper in the bottom of the jar and your cookies will keep fresh and crisp.

Dry flour applied with a newspaper is an excellent and easy way to clean tinware.

Warm lemons before squeezing them and twice the juice will be obtained.

Dolly Varden Cake.
Have ready one cupful chopped raisins, one teaspoonful each cloves, cassia and nutmeg, one tablespoonful molasses. Stand aside until needed. Beat to a cream two cupsful sugar with two-thirds cupful butter, add slowly one cupful sweet milk, yolks three eggs, beaten light, three cupsful flour, one-half teaspoonful soda, one teaspoonful cream tartar, one teaspoonful lemon or vanilla extract. Add whites of two eggs beaten stiff. Divide batter in two parts, bake two white layers. To other half add molasses and fruit mentioned above. Bake in same sized tins. Take one white of egg, beat a little, then add sugar, one tablespoonful, to stick cakes together. Very nice and worth trying.

Creamed Asparagus.
Fresh asparagus is plentiful and delicious just now. Try this recipe the next time you prepare it. Tie the bunch up with a soft string, cut off the necessary part, and cook for at least 25 minutes in salted water. Have ready a few slices of crustless toasted bread. Dip these in the asparagus liquor, then butter well and arrange on a platter. Drain the asparagus and place it on the toast. Now make a good cream sauce, using a cupful of milk, a teaspoonful of flour and a tablespoonful of butter and seasoning. This is the simplest of dishes, but it is an ever welcome one.

Smothered Pork Chops.
Put chops or steaks in bottom of pan, sprinkle with salt and pepper. Put in a layer of sliced potatoes, sprinkles with flour, salt and pepper. Repeat layers of potatoes, slicing onions in through the layers. Almost cover with hot water and bake 1½ or 2 hours. Uncover the last half hour to brown the top. Veal may be used the same way. It is very nice for supper.

Beet and Bermuda Onion Salad.
Cut into slices and then into strips three beets, slice a medium-sized onion; quarter and separate the sections. Add as much celery as you have onion, one-half a teaspoonful of capers or chopped pickles, salt and white pepper. Mix and serve with your favorite dressing.

Baked Sausage.
After the sausage is curled in a frying pan it should be covered with a tin cover. Place in a moderate oven for one hour, turning once or twice. This makes it a delicate brown, and it is thoroughly cooked. Squares of toasted bread are served with it.

California Graham Muffins.
Sift together one cupful of graham flour, half a cupful of white flour, two tablespoonfuls of sugar, a saltspoonful of salt and two teaspoonfuls of baking powder. Beat one egg to a froth, add to it a cupful of milk and beat into the flour. Bake as usual.

Onion Salad.
Scald, then brown one or two large onions till soft; when cold slice the onion, mix it with shredded celery and sliced beetroot. Dress with oil, vinegar, salt and pepper.

Cleaning Hint.
Wash your best cut glassware in a wooden bowl. It lessens the chances of breakage. If you haven't a chance to place a good-sized Turkish towel in the bottom of the dishpan.

Fish Toast.
Take one cupful of cold flaked fish, free from skin and bones. Heat in water sufficient to moisten; add butter, pepper and salt. When hot pour on slices of buttered toast, garnish with eggs poached in muffin rings.

To Clean the Range.
An ordinary blackboard eraser is splendid to keep near the kitchen range to wipe off the top; the range is kept clean and does not need to be washed or polished but once or twice a week.

EAT QUEER THINGS IN PINCH

Find Satisfaction in Stew Made of Vest, Shoelaces and Sledge Gear.

There is naturally much talk in war time rations and food supply, and the possibility or probability of starving out one or other of the belligerents. But it is amazing what people will eat at a pinch.

A recent arctic explorer seriously advised the wearing of skin clothing in preference to woolen, simply and solely because, if the worst came to the worst, one's outfit could be stewed for a meal, or at any rate given to the dogs!

Well, when a man finds enjoyment and a sort of inward satisfaction in a stew made of his vest, his shoelaces, and his sledge gear, he must be pretty "peckish," and when he gets back to civilization he will make a model husband, never likely to turn up his nose at cold mutton on washing days.

The bishop of Yukon thinks nothing of eating his boots. He had probably declared he was ready for that operation many a time when he was a boy, but he has actually done it since he came to man's estate—in his case, the great gold fields of arctic Alaska.

LOOK YOUNG AND HANDSOME AGAIN BY DARKENING YOUR GRAY HAIR WITHOUT DYES.

While it is no disgrace to have gray, streaked or prematurely gray hair, it is unnecessary in this day and time. Simply shampoo your hair and scalp with Q-Ban Hair Color Restorer. After doing this a few times not a trace of gray can be seen, but all your gray hair and entire head of hair will have become so evenly dark, soft, fluffy and healthy that no one would suspect you had applied Q-Ban. It is no dye, but a ready-to-use liquid, absolutely harmless. Big bottle sent prepaid for only 50c by writing Q-Ban Laboratories, Memphis, Tenn., or sold by druggist. Be careful not to accept substitutes or harmful dyes, but insist on having Q-Ban Hair Color Restorer.—Adv.

No False Teeth.
Many words of housewifely wisdom had her mother imparted to the fair young bride on all subjects from managing husbands to tackling tramps. And some of them were now being put to the test.

He was a particularly dirty-looking specimen, but he had told the tale with the pathos of an expert. The youthful house mistress felt touched, but determined to follow her mother's precepts.

"Now, my son," she said when he had finished, "I will give you something to eat if you will take that chopper."

"Oh, mum, I shan't need it," the tramp reassured her. "My teeth are all right."—Pittsburgh Chronicle-Telegraph.

Talk That Isn't Cheap.
Client—"You have an item in your bill, Advice, March 8, \$5." That was the day before I retained you.
Lawyer—I know. But don't you remember on the 8th I told you you'd better let me take the case for you?
Client—Yes.
Lawyer—Well, that's the advice.

Auto Aristocracy.
"What's your aristocratic friend growling about?"
"He has a grudge against the plain people."
"On what score?"
"Says they wear so many rubbers that it forces up the price of tires."

Too Much of It.
"I'd like to talk to you, sir, about some sweeping reforms we are contemplating."
"Can't listen, sir. My wife is cleaning house just now, and there are too many sweeping reforms for me going on at home."

It's the thing you don't want the people are always willing to hand you. Everything comes to the man who advertises while he is waiting.

GALOMEL SICKENS! IT SALIVATES! DON'T STAY BILIOUS, CONSTIPATED

I Guarantee "Dodson's Liver Tone" Will Give You the Best Liver and Bowel Cleansing You Ever Had—Don't Lose a Day's Work!

Calomel makes you sick; you lose a day's work. Calomel is quicksilver and it salivates; calomel injures your liver.

If you are bilious, feel lazy, sluggish and all knocked out, if your bowels are constipated and your head aches or stomach is sour, just take a spoonful of harmless Dodson's Liver Tone instead of using sickening, salivating calomel. Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular. You will feel like working. You'll be cheerful; full of vigor and ambition.

Your druggist or dealer sells you a 50-cent bottle of Dodson's Liver Tone under my personal guarantee that it will clean your sluggish liver better than nasty calomel; it won't make you sick and you can eat anything you want without being salivated. Your druggist guarantees that each spoonful will start your liver, clean your bowels and straighten you up by morning or you can have your money back. Children gladly take Dodson's Liver Tone because it is pleasant tasting and doesn't gripe or cramp or make them sick.

WINTERSMITH'S CHILL TONIC

Sold for 47 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic. 50c and \$1.00 at all Drug Stores.

CANS FOR HOME CANNING

Standard Packer Cans with Solder Hemmed Caps—Wax Sealing Caps with Wax Springs—Friction Top Syrup Cans and Pails. All sizes. We ship any quantity desired. Write today for our New 1916 Price List.

Give Best Results
Special Discounts for Early Delivery
Virginia Can Co.
Box 795 Buchanan, Va.

BLACK SNAKE HUGGED JAM

Woman, Annoyed by Reptile's Partiality, Writes "Finis" With an Ax.
Going to a cupboard Mrs. Ella Norton of Oliver, Pa., saw what she believed to be a piece of rope, wound about a crock of jam, but closer investigation proved it to be a large blacksnake. Now Mrs. Norton is not particularly frightened of snakes, but she does object to their taking liberties with her jam closet.

Procuring a double-bitted ax from the wood pile she carved the word "Finis" deeply in the anatomy of the reptile. It proved to be one of the blue racer species and measured five feet.

Tip From Father.
"I am surprised at you!"
"Why, what have I done?"
"When I told you I wanted to marry your daughter, you said you would try and make me solid with her and her mother; but you have been knocking me to them ever since."
"My boy, if you don't know enough about women to know that that is the way to help you, you ought not to marry."

Proved Her Claim.
"That new girl said she was an experienced waitress, but I had to let her go."
"Why?"
"The very first dinner I gave she started right in joshing the men at the table."

Pleasing Mother.
"Will you dance this dance with me?"
"Mother has forbidden me to dance with you."
"But she is out of the room."
"So it wouldn't be any fun. When she comes back I'll give you a dance."

Snores.
"I sleep like a log."
"With the saw going through it?"

The Difference.
"The marriages among savages are more businesslike than among us."
"How do you mean?"
"The savages have to buy their wives, but with us, brides are given away."

They say there was once a woman who was actually proud of her husband, but she evidently drowned in the flood.

For a Tip-Top Breakfast

Serve **New Post Toasties**

Here's the why:
The New Toasties have a delicate, true corn flavour—unmatched by any other corn flakes. Trial proves.
They are the meat of choicest white Indian Corn—first cooked and seasoned, then rolled into thin wisps and toasted by quick, intense rotary heat. This new patented process of making raises distinguishing little bubbles on each flake, and brings out their wonderful new flavour.

New Post Toasties

—the New Breakfast Delight

Your grocer has them now.