

PROVED EFFECTIVE BY A FIFTY YEARS TRIAL

The most widely used remedy in the world to overcome the stagnating effects of catarrh. Catarrh is silent and insidious in its ravages, invades nearly every household and covers like a pestilence everywhere.

FOR CATARRH AND CATARRHAL CONDITIONS

It strikes at the root of catarrhal troubles by stimulating the digestion, enriching the blood, toning up the nervous system and soothing the raw and inflamed mucous membrane. Fe-n-u-s-a sets every organ to working properly and gives strength, vigor and pep to the whole body. Try it, and like thousands of others, learn what it means to be well.

PERU-NA

SOLD EVERYWHERE TABLETS OR LIQUID

ALLEN'S FOOT-EASE

THE ANTI-SEPTIC, HEALING POWDER FOR THE FEET

Takes the friction from the shoe, relieves the pain of corns, bunions, callosities and sore spots, freshens the feet and gives new vigor.

MAKES TIGHT OR NEW SHOES FEEL EASY

At night, when your feet are tired, sore and swollen from excessive dancing or walking, sprinkle Allen's Foot-Ease in the foot-bath and enjoy the bliss of feet without an ache.

Over One Million Five hundred thousand pounds of powder for the feet were used by our Army and Navy during the war. Trial package and a Foot-Ease Walking Doll Sent Free. Address ALLEN'S FOOT-EASE, Le Roy, N. Y. in a Pinch, Use ALLEN'S FOOT-EASE

Shake it into Your Shoes

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Wanted Young Men

to learn the barber trade and enroll for the spring and summer course. Good jobs await our graduates. Charlotte Barber College, Charlotte, N. C.

AGENTS WANTED IN EVERY TOWN To sell our wonderful auto tube patch. Send \$25.00 without the use of cement. Men making \$100 weekly. OLD HICKORY TUBE PATCH CO., 419 Realty Bldg., Charlotte, N. C.

Carolina Radio Company

Largest radio stores in the Carolinas. Radio supplies purchased from us are sold under a positive guarantee of satisfaction. Mail orders receive immediate attention. Send \$25.00 in stamps for Complete Radio Atlas and large Radio Map, showing all U. S. and Canadian broadcasting stations and their call letters. Our catalog included upon request. Good territory open to active dealers. Write for proposition. CAROLINA RADIO CO., 306 N. Tryon St., CHARLOTTE, N. C.

FUN

—PLENTY OF IT

Send 10c and you will get 20 of the funniest comic cards you ever laid eyes on, together with illustrated catalog showing many tricks, jokes, puzzles and other novelties. Address JOE'S NOVELTY SHOP 601 Main Street, Norfolk, Va.

The Price of 25 Cents' Worth.

Maggie was fat, old and colored, and suffered from rheumatism. A friend who suffered from the same ailment had obtained some relief from a salve. Nothing would do but for Maggie to have some, so she went to the nearest store.

"I have had rheumatism for 15 years and want 25 cents' worth of something to cure it," she said.

The clerk smiled and got her the remedy. When he returned Maggie laid a quarter on the counter and asked:

"How much?"

Not Funny to Be Caddie.

Beginner (after repeated failure)— "Funny game, golf." Caddie—"Tain't meant to be."—Punch (London).

Mechanical Bread Slicer.

A mechanically operated bread slicer, described in Popular Mechanics Magazine, is driven by a motor or other suitable power, and has been designed for use in places where large quantities of bread are required. The loaves are placed in rows on a conveyor which carries them lengthwise to the knife where the slicing is done. The slices fall into pans on a second and lower conveyor and are deposited in a basket or other container at the end of the machine.

5 Pass. Sedan \$860

f. o. b. Flint, Mich.

The All-Year Car for Every Family

for Economical Transportation

CHEVROLET

Chevrolet is leading in the great shift of public demand to closed cars because this company has the world's largest facilities for manufacturing high-grade closed bodies and is therefore able to offer sedans, coupes and sedanettes at prices within easy reach of the average American family.

Six large body plants adjoining Chevrolet assembly plants enable us to make prompt deliveries of the much wanted closed cars.

As soon as you realize that your transportation requirements demand the year 'round, all-weather closed car, see Chevrolet first and learn how fully we can meet your requirements at the lowest cost obtainable in a modern, high-grade closed automobile.

Prices f. o. b. Flint, Mich.

Two-Pass. Roadster	\$510	Five-Pass. Sedan	\$860
Two-Pass. Touring	\$525	Light Delivery	\$190
Two-Pass. Utility Coupe	\$590	Commercial Chassis	\$425
Four-Pass. Sedanette	\$550	Utility Express Truck Chassis	\$475

Dealers and Service Stations Everywhere

Chevrolet Motor Company

Division of General Motors Corporation

Detroit, Mich.

MANY WAYS OF USING FRESH AND CAN CORN

Various and Excellent Recipes Given by Department of Agriculture in Cooking.

(Prepared by the United States Department of Agriculture.)

The following recipes are given by the United States Department of Agriculture to show a few of the many ways of using fresh and canned corn. Fresh corn can be used in place of canned corn in any of these. Canned corn may sometimes be substituted for fresh in the recipes which specify fresh corn, but the results are not likely to be so good because the consistency of the canned corn is usually not like that of the fresh.

Corn Soup.

1 can, or 2 cup-fuls, corn
1 pint boiling water
1 pint milk
1 slice onion

2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
Dash of pepper
Dash of paprika

Fry the onion in the butter and stir in the flour. If raw corn is used, place it in boiling water and boil 5 to 7 minutes. Add the milk to the corn and bring to the scalding point. Thicken with the onion, flour and butter mixture and add the seasonings.

Corn Chowder.

1 cupful fresh corn
1 1/2-inch cube salt pork, diced
1 onion, sliced

1 quart potatoes, sliced
1 cupful milk or cream
Salt and pepper
8 crackers

Fry the salt pork, add the onion, and cook until the onion is tender. Boil the potatoes 5 minutes in 1 quart of boiling water, add the fat, and cook until the potatoes are soft. Add the corn and milk and bring to the scalding point. Add the butter and seasoning. Pour over the crackers and serve hot.

Scalloped Corn.

1 cupful milk
1 can, or 2 cup-fuls, corn
1 cupful bread or cracker crumbs
2 slices green pepper

1/2 teaspoonful salt
1/2 teaspoonful pepper
2 tablespoonfuls butter

Place alternate layers of corn and bread crumbs in a greased baking dish, adding butter and seasoning to each layer. If desired, 1 tablespoonful of sugar may be added. Pour on the milk and bake for one-half hour.

Corn Custard or Pudding.

1 can, or 2 cup-fuls, corn
2 tablespoonfuls butter
1 1/2 teaspoonfuls salt

3 eggs
1 1/2 cupfuls milk
1 tablespoonful sugar

Mix as for a baked custard. Pour into a casserole and set in the oven in boiling water. Bake in a moderate oven (350 degrees Fahrenheit) until set, or about 1 hour and 15 minutes.

Corn Fritters.

4 tablespoonfuls fresh corn
1 teaspoonful melted fat
1 teaspoonful baking powder

1 egg
1/2 cupful milk
1 cupful flour
1/2 teaspoonful salt

Mix to make a batter and fry in deep fat.

Stuffed Green Peppers.

6 green peppers
2 1/2 cupfuls fresh corn
1/2 onion cut up fine
1 1/2 cupfuls meat chopped or ground fine
Dash of pepper

1 1/2 cupfuls meat stock thickened with 2 tablespoonfuls flour
1 1/2 cupfuls bread crumbs
1/2 teaspoonful salt
Dash of pepper

Remove the tops and seeds from the peppers and parboil in boiling water for 2 minutes. Remove from the water, drain and put in a casserole. Stuff the peppers with a mixture of the corn, onion, meat, bread crumbs, thickened stock mixture and seasoning, and bake. The mixture may be varied by using other materials, such as rice and tomatoes.

Corn Souffle.

1 cupful fresh corn
1 cupful white sauce (see following recipe)

3 eggs
1/2 teaspoonful salt
Dash of pepper

Add the well-beaten egg yolks to the sauce and fold in the corn. Fold in the stiffly beaten egg whites and place in a buttered baking dish, set the dish in a pan of hot water and bake in a moderate oven (350 degrees Fahrenheit) 30 to 40 minutes.

White Sauce for Souffle.

1 cupful milk
3 tablespoonfuls flour

1/2 teaspoonful salt
2 tablespoonfuls butter

Melt the butter and stir in the flour and salt. Add the scalded milk and stir until the mixture thickens and the flour is cooked. The white sauce may be made in a double boiler or directly over the flame. If the latter method is used, care must be taken that the product is not scorched.

SHIRRED EGGS ALWAYS GOOD

Combinations With Bread Crumbs, Rice or Starchy Cereal Make Delicious Dishes.

Combinations of eggs with bread crumbs, rice, or some starchy cereal to give body to the dish are always good, says the United States Department of Agriculture. Fill the baking dish half full of hot boiled rice. Break six eggs and carefully drop them in the rice, taking care not to break the yolks. Pour a cupful of cheese sauce over the eggs and rice and bake in a moderate oven until the whites of the eggs are set.

To make the cheese sauce: Melt one tablespoonful of butter and stir into it one tablespoonful of flour, one teaspoonful of salt and one-eighth teaspoonful of white pepper. Add one cupful of cold milk, and stir over the flame until thick and creamy. Add four tablespoonfuls of grated cheese and stir until melted.

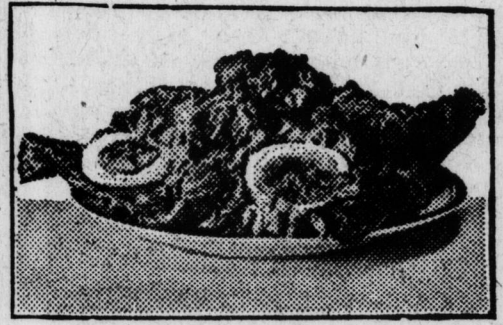
COOK TOUGH CHICKEN IN FIRELESS COOKER

It Should Be Allowed to Remain at Least Two Hours or Until It Is Tender.

(Prepared by the United States Department of Agriculture.)

Cook the less tender chickens in the fireless cooker, suggests the United States Department of Agriculture. It is best to disjoint the chicken when it is to be prepared in this way. Pinfeathers, the oil sac and surplus fat should be removed and the fine hairs singed. After being well washed the parts may be put immediately into boiling water sufficient to cover them and seasoned to taste.

The chicken should be simmered half an hour and then put into the fireless cooker, where it should remain at least two hours and as much longer as is necessary to cook it tender. It should not be left in the cooker long enough to cool, even to the lukewarm stage, for at such temperatures bacteria in it may develop and cause food poisoning. Many cooks consider that a clove or garlic in the stewing water gives an almost imperceptible flavor, which improves the flatness of ordinary



Chicken Salad.

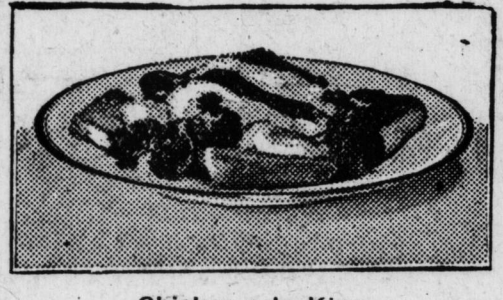
boiled chicken. A small onion is sometimes made to answer the same purpose, but too much onion destroys the delicate flavor of the chicken.

The boiled chicken, when it is tender, may be prepared for the table in a variety of ways. It may be fricasseed in a gravy made from the chicken stock, or served in a cream sauce on toast, in patty shells, or en casserole. It may be used for chicken salad; croquettes of minced cooked chicken are good, as is chicken hash on toast. The recipe below is suggested by the United States Department of Agriculture:

6 tomatoes or one No. 2 can tomatoes
3 sweet red peppers cut in small cubes
3 sweet green peppers cut in small cubes, or one No. 2 can peppers
1 onion (size of an egg)

1 medium-sized chicken
1/2 lb. ham or 2 or 3 slices bacon chopped fine
1 tablespoonful chopped parsley
1 bay leaf
2 teaspoonfuls salt
2 tablespoonfuls butter or bacon drippings

Dress the fowl and cut into joints. Melt the fat, add onion and pepper. Cook for a few minutes to develop flavor. Then add salt, tomato and ham and simmer for 10 minutes. Place lay-



Chicken a la King.

ers of the chicken, vegetable mixture and ham in casserole until all is used. Pour over this 1 cupful boiling water. Simmer for one-half hour and put in fireless cooker for three hours without the hot disk or two hours with it.

SERVE EGGS WITH TOMATOES

Attractive Way is Suggested by Department of Agriculture—Eggs Cooked in Cups.

When fresh tomatoes are in season an attractive way of serving eggs is to cook them in tomato cups, suggests the United States Department of Agriculture.

Select the desired number of good-sized tomatoes, allowing one to each person. Cut off the blossom end, scoop out the seeds and stand the tomatoes in a baking pan in the oven until they are partly cooked. Put one-half teaspoonful of butter and a dusting of salt and pepper into the bottom of each and break in one egg. Place in the oven until the eggs are "set" to the desired hardness. Have ready a round of toasted bread well buttered, and place each tomato in the center of a round of toast, serve hot.

Household Questions

A soft shade on the candelabrum gives a festive note to the dinner table.

A pinch of cream of tartar added to fudge while cooking will keep it from crystallizing.

Do not keep olive oil directly on the ice. If it freezes it will separate and cannot be used.

Gasoline will clean the type of a typewriter. Dip a brush in the liquid and go over each type bar.

Save old silk stockings. They may be cut in strips, sewed together and crocheted into porch mats.

Add a little kerosene to a pail of hot water and scrub the cellar floor. The kerosene will act as an antiseptic.

Children Cry for Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Drops and Soothing Syrups, especially prepared for Infants 1 month old to Children all ages.

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

Reasonable Request.

In one of the mining regions there is a district attorney who is "there" on native oratory, but considerably lacking in education. While prosecuting a big case at one time, he finished up his argument in flowery style, and then, leaning across the rail he made this plea:

"All I asts of you, gentlemen of the jury, now that you are about to retire, is to mete out justice as she deserves to be met!"

Cuticura Soap for the Complexion.

Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scaly clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum, and you have the Cuticura Toilet Trio.—Advertisement.

Slightly Misquoted.

"Mother!" Bessie rushed breathlessly into the parlor, where mother was entertaining. "Mother! I learned such a pretty poem in school today."

"What is it, dear?" asked her mother, in spite of her embarrassment.

"Well, it goes like this: 'The Lord is my shepherd, I shall not want; He maketh me to lie down in green pastures.'"

The rest was lost in the burst of laughter that followed.

YOU CAN'T CUT OUT

A Bog Spania or Thoroughbred but you can clean them off promptly with

ABSORBINE

and you work the horse same time. Does not blister or remove the hair. \$2.50 per bottle, delivered. Will tell you more if you write. Book 4 A free.

W. F. YOUNG, Inc., 310 Temple St., Springfield, Mass.

EYES HURT?

For burning or sandy lids, and to relieve inflammation and soreness, use Mitchell Eye Salve, according to directions. Soothing, healing.

HALL & BUCKEL
347 Waverly Place New York

World War Medals.

A bill is to be introduced at the next session of the New York state legislature to award World War service medals to officers of draft boards. There is a feeling in the "military establishment," however, that the awarding of war decorations "has gone about as far as possible without, through making such dispositions so general, lessening their significance."

Juvenile untruths are defensive. Not till later come those that enter into plots.

Now is the time to pay close attention and see that your bakings are pure, wholesome and nutritious.

Good flour is all flour with the nutritive value of wheat. Mix it with good baking powder and you have a nutritious, wholesome, palatable baking. No ready mixed substitute will take its place.

For wholesome, nourishing food you should use straight flour and a pure baking powder—

There never was, is not, and never will be anything that will take the place of good straight baking powder and plain flour.

If you are using self-rising flour or any other kind of a substitute for good baking powder or plain flour you had better stop, and consider whether you are practicing real economy, or saving money. You are taking a chance of losing the full nutritious health-building value of a good, plain flour.

For best results use— Calumet Baking Powder and a good plain flour.