Don't Mistake the Cause of Your Troubles

Many people never asspect their hidseys. If suffering from a lame, weak or sohing back they think that it is only a muscular weakness; when urinary trouble sets in they think it will soon correct itself. And so it is with all the other symptoms of kidney disorders. That is just where the danger lies. You must cure these troubles or taey may lead to dropsy or Bright's diseas. The best endorsed remedy for weak or diseased kidneys is Doan's Kidney Pills. Residents of this vicinity are constantly testifying.

Robert McDaniel, High Point St. R. F. D. No. 1, Randleman, N. C., says:

says:
"Last winter I caught a heavy
cold and it settled on my kidneys.
My back became so paints could not stoop or ift anything heavy and I suffered night and day heavy and I suffered night and day. The kidney secretions were very unnatural and contained sediment. I many home remedies but seemed to get worse. A friend came to see me one day hearing of my trouble urged me to try Koan's Kidney P.ils. The contents of two boxes of this remedy entirely freed my system of kidney complaint."

for sale by all dealers. Price 50 ts. Foster-Milburn Co., Buffalo, New York, sole agents for the Unit

Remember the name-Doan'sand take no other.

Kin Hubbard on Second Marriages

In the April American Magazine, Kin Hubbard, in response to the question, "Do you believe in second marriagee?", writes as follows:
"If a gentleman can fail in business in October and pay five cents on

the dollar and spend the winter in Bermuda and open up for business aga n at St. Paul, Minnesota, I don's see why some poor migu el girl should not have a second chance on the matrimonial market.

"Some women are smart; than others and get onto their husb ads in six months, others in two years or in six months, others in two years or three years, or longer, a wording to their brain development. Any gri that gets onto her husband after any length of time, if she be still fairly marketable, abould set about at once to get rid of bim. It is always a good plan, however, to have folks in comfortable circumstances to go

comfortable circumstances to go back to.

"I often see young wives going along the streets with husbands wearing side whiskers and I wonder what life holds for them. After two or three seasons of freezing around a best burner, mingling with chickens and peddlers, running up bills for nipples and malted milk at the sorner drugstore, attempting to raise for nipples and malted milk at the corner drugstore, attempting to raise a fern, forgetting to sew a button on here and there, dressing in the kitchen in January, and trying to pick out a go-cart together, leve nurrly always gives up, packs a few belongings and quietly gets out. Then sentiment hands in her resignation and it's a cold business partnerspip from that time on—with each partner watching the books.

"I always hate to hear some faded out woman, who caught on before

out woman, who caught on before her father failed, knocking a second marriage. If she can find contentment in canary birds, asparagus beds or settlement work that's her busi-

ALL YOU NEED IS A CAS-CARET TONIGHT

No Sick Headache, Bilious Stom ach, Coated Tongue or Constipated Bowels by morning

Turn the rascals out—the head ache, the biliouanes, the indigestion the sick, sour stomach and the foul gases—turn them out tonight and keep them out with Jascarets. Millions of men and women take a Cascaret now and then and never

know the misery caused by a lazy liver, clogged bowels or an upset

Don't put in another day of disgulate your stomach; remore the sour, undigested and fermenting food and that misery making gas; take the excess bile from your liver and carry out of the system all the decomposed wate mitter and pouson in the intestines and bowels. Tuen

will feel great. Cascaret tonight will surely etraighten you out by morning. They work while you sleep. A 10cent bex from any drug store means a clear head and cheerfulness for months. Children ove to take Cascarets because they taste good - never

Of all the thinking that is caused by printer's ink it seems that the last thought which comes to some people is that they owe for the paper.

PAPER BAG

Great System Perfected by M. Soyer, Famous London Chef.

AN ENGLISH COOK'S EXPERI-

By Martha McCulloch Williams.
Because I have baked in paper bags
after M. Soyer's method, I give full
credence to this report from England, where thousands of housewires
have discarded the pot-and-pan method of cooking for the paper bag system. I may add that I have myself
verified by actual demonstration most
of the report. So I pass it on to my
fellow housewives in full confidence
of its accuracy.

of its accuracy.
"The chef," runs the report, "has cooked the following items without the use of a single dish or in of any description, merely pouring the food into the bag, to the undisquised aston-ishment of every cook and housewife

in the audience: Yorkshire Pudding. Yorkshire Pudding.
Fruit cakes in all varieties.
Puff Oncelets.
Jam Turnovers.
Stewed Green Gages.
Banana Pasties.
Fruit Vol-au-vents.
"Despite the fact that no tins nor

dishes whatever have been used in the cooking of the above items, the brownness, consistency, tenderness the cooking of the above items, the brownness, consistency, tenderness or lightness of everything, has been a revelation of perfect cookery to those who have seen or insted the food."

The omelet, as most marvelous, deserves and shall have the place or honor. It was thus made and pro-portioned:

Omelet Souffle.-Work four yolks of Omelet Souffie.—Work four yolks of eggs with two and a half ounces of castor sugar to a light cream. Whisk up five whites of eggs to a stiff froth and add them carefully to the creamed yolks, together with a level table-spoonful of corn flour. A few drops of vanilla essence should also be added to flavor the omelet. Have ready a well buttered bag, pour in the omelet mixtures carefully, seal and place on the grid shelf. When done place on a hot dish and remove the paper bag. Make an incision in the center of the omelet and put into it two or three spoonfuls of jam.

center of the omelet and put into it two or three spoonfuls of jam. Here is the fruit cake cooked without a pan, inside a paper bag. It sounds not only toothsome, but festive: Take eight ounces fresh butter, eight ounces castor sugar and four new-laid eggs, and beat up well together into a thick cream. To this mixture add eight ounces best white flour, four ounces sultana raisins, four ounces dried currants and four ounces candled peel. Stir the whole mixture hard till thoroughly blended and pour thio a paper bag greased very liberatly with clarified butter. Seal up, then with a fork or skewer-tip prick into a paper bag greased very liberatly with clarified butter. Seal up, then with a fork or skewer-tip prick two small holes near each corner of the bag's upper side, taking care not to prick the bottom as well. Put the loaded and pricked bag on a wire trivet and set the trivet in the oven, either on the grid-shelf or the solid bottom—the feet will save the bag from scorching. Bake for fifty-five minutes. Take out and cut into fingers when nearly cold.

Light Biscuit.—Sift well through a quart of best flour three level teappontuls of baking powder. Cut fine into the sifted flour a lump of lard or butter the size of the fist. If butter

into the sitted nour a tump of lara or butter the size of the fist. If butter is used, there is no need for salt; with lard add half a small teaspoonding measured level. Mix as quickly as possible into a soft but not sticky dough, wetting up with sweet milk. Roll half an inch thick, cut out with a small cutter, brush lightly over the tops with milk, and bake in a bag, well greased, and spread flat upon a wire mat. Put in the biscuit so they will not touch—a cake turner is hand; for this. Seal up, put in a hot oven, stack heat when the bag turns brown, but not too much. Bake twelve to fifteen minutes.

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CUTLETS AND STILL MORE CUT-LETS.

By Nicolas Soyer, Chef of Brooks'
Club, London.
Cutlets a la Paysanne.—Take four
te eight cutlets, mutton or lamb.
Trim them of aff superfluous fat.
Scrupe the bone nearly. Dust them
with a little minced shallot and
spiced seasoning—4. e., pepper, sait,
a tiny grate of nutmeg and a little
celery sait mixed. Greasse a bag
thickly, put in the cutlets, add to
them half a pist of half-cooked seas,
an ounce of bacon, cut small, a pound them half a pint of half-cocked peas, an ounce of bacon, cut small, a pound of new potatoes and half pint of stock or water. If but four outlets are used, a gill of stock will be sufficient. Fold over the beg, seal, put on the broiler and cook in a moderately hot oven for an hour. Open hag, empty into a very hot dish, and arrange the peas and potators in a border with a heated fork. Stir up the gravy and send to table. Note that the pointoes must be also parboiled before being put in the bag.

Cutiets a is Espagnol.—Take four to six cutlets. Trim as directed in the foregoing receipt. Dust them with pepper and salt. Have ready a greased bag and six cunces of freshly bolled free. Mix with the rice plenty of tomato cassup. Place the rice in the bar there there in the bar there there in the bar there there in the contract of the contract

of tomato catsup. Place the rice in the bag, then put the cutlets on top of the rice. Feld, ellp, put on breller, and cook for half an hour in a moder-

STOMACH DISTRESS AND DYSPEPSIA GO.

Diapepsin makes upset Stomachi feel fine in five minutes

As there is often some one in your family who suffers an attack of Indigestion or some form of Stomach trouble, why den't you keep some Diapepsin in the house hand;?

This harmless blessing will digest anything you can eat without the slightest disconfort, and overcome sour, sassy Stomach fire minutes.

sour, gasey Stomach five minutes

Tell your pharmacist to let you read the formula, plainly printed on these 50-cent cases of Pape's Diapepsin, then you will readily see why it mik s Indigestion, Sur Stomach, Historia and other distress going first minutes, and relieves at once such miseries as Belching of Gus, Eructations of sour, undigested food, Nausea, Headaches, Dizziness, Constipat on and other Stomach disordere,

bome folks have tried so long to find relief from Indigestion and Dys-pepsia or an out-of-order stom-sch with the common, every-day cures advertised that they have about made up their minds that they have something else wrong, or believe theirs is a case of Nervousness, Gastritis, Catarh of the Stomach or Cancer.

This, no doubt, is a serious mis-ke. Your real trouble is, what you eat does not diges; instead, it ferments and sours, tures to acid, Gas and Stomach poison, which putrefy in the digestive tract and intestines, and besides, posson the breath with nameous oders.

A hearty appetite, with thorough digestion, and without the slightest discomfort or misery of the Stomach, is waiting for you as soon as you de-cide to try Pape's Dispepsin.

Says Show Girls are Dumb and Ignorant

In the April American Magazine Edna Ferber, writing another Emma McCheaney story, introduces a new character, Blanche LeHaye, the bur-

character, Blanche LeHaye, the bur-levque queen. Following is Blanche LeHaye's estimate of the kind of people who make up the ordinary theatrical troupe:

"'Why, girls, I couldn't hold down a joo in a candy factory. I sin't got any intelligence. I never had. You don't find women with brains in a burlesque troupe. If they brains in a burlesque troupe. If il ey had 'em fhey wouldn't be there. Why, we're the dumbest, most igno -

THINK THIS OVER.

This Offer Should Gain the Confidence of the Most Skeptical.
We pay for all the medicine used during the trial, if our remedy falls to completely relieve you of constipation. We take all the risk. You are not obligated to us in any way whatever, if you accept our offer. That's a mighty broad statement, but we mean every word of it. Could surthing

a mighty broad statement, but we mean every word of it. Could anything be more fair for you?

A most scientific, common-sense treatment is Rexail Orderlies, which are eaten like candy. Their active principle is a recent scientific discovery that is odorless, coloriess, and tasteless; very pronounced, gentle, and pleasant in action, and particularly sgreenble in every way. This ingredient does not cause diarrhora, nauses, flattlence, griphing, or other incouver, flence. Rexail Orderlies are particularience. Rexall Orderlies are particular ly good for children, aged and delicate

If you suffer from chronic or babit-ual constipation, or the associate or dependent chronic aliments, we urge you to try Rexall Orderlies at our risk. Remember, you can get them only at our store. 12 tablets, 10 cents; 36 tab-lets, 25 cents; 80 tablets, 50 cents. Sold only at our store—The Rexall Store.

ant bunch there is. Most of us are ant bunch there is. Most of us are just hire girls, dressed up. That's why you find the Woman's Uplift Union having such a blamed hard sime savin' souls. The souls they try to save know just enough to be wise to the fact that they couldn't hold down a five-per-week job. Do 't you feel sorry for me? I'm doing the only thing I'm good for.'"

BRONCHITIS

To Whom It May Concern Biuevale, Ont., May 4, 1910—"I was sick for two years with chronic bronchitis and a consequent run-dows condition. I received no benefit from doctors or from a trip which I took for my health, and I had to give up work. Vinol was recommended, and from the second bottle I commenced and from the second bottle I commenced to im-prove I gained in weight and strength, my brouchial trouble disappeared, and

am at work again.
It is the combined action of the curative elements of the cods' liver nided by the blood-making an strength-creating properties of toni iron contained in Vinol which make it so successful in curing bronchitis

Vinol is a constitutional remedy for chronic coughs, colds, bronchitis and

like cough syrups.

Try Vinol. If you don't think it helps you, we will return your money. Standa! Drug C mpany

Used Another Man's Lega.
In the hail of the house of representatives there is a painting of George Washington. He looks a most commanding person, with the stature of a giant and a faultless physique. But looking at the portrait recently a pub-

"That is a good deal of a sham. George Washington never looked like that, though I've no doubt he would have been proud to appear so magnifi-

have been proud to appear so magnificent.

"Notice the legs," the speaker continued. "They are perfect beauties, but they are not Washington's. They are the legs of General Smith of New Jersey, a soldier of the Revolution.
"It happened this way," he explained in conclusion: "Washington had quite unimpressive legs, and the artist who painted that picture was so dissatisfied with their shape that he persuaded General Smith to lend his faultless members as models. So, while we have the face and torso of our great first president, the supporting legs are those of one of his generals. Long may they stand!"—Washerals. Long may they stand."-Washington Post.

Not the Answer He Expected.

One of Lord Destorough's best anecdotes relates to a clergyman who was far more at home it the hunting field than in the pupil, says London Tiblits. On the menuing of a meet he Bits. On the menting of a meet ne was much immored at baving to officiate at a funeral but, this over, he mounted his borse and started in pursuit of his friends. On the road be sought information of an old woman with a danker cart.

"Well," she said, "if you ride to the top of the bill you will came to a

top of the hill you will come to a meenister. Then if you turn to the right year will be tikely to come up with them.

sign cost a construct."
"Why, you see, sir, it's like this:
We used to end em sign posts, but
since you've lesse in these parts we
calls 'en mechisters, 'es, though they
points other tolas the way, they never
goes themselves, 'et on, Neddy!"

Death in Factory Fires The quast on is often debated as to whether persons who lose their lives in a tre developing with great rapid ity undergo extreme physical suffer ing An aminoritative opinion is ex-pressed by the New York Medical Jour-nal, which sars: "Unnecessary an-guish of mind has probably been felt by relatives of unfortunate workers killed in factory fires by reflection on the supposedly agonizing pain caused by such a death. Where a great bulk of highly inflammable substances is quickly consumed in a closed space th result is the production of large quan-tities of carbon monoxide. This gas it is well known, combines with the haemogobin of the blood to form a compound that refuses to combine with oxygen. The result is a speedy and probably painless asphyriation be-fore the flames have had a chance to attack the bodies of the victima."

Dainty Snalls.

The writer who qualified the snall as "foul and unclean" was guilty of a libel. Snalls are most dainty feeders and strict vegetarians, as many gardeners know to their cost. Apparently three centuries ago snalls were more popular in England than they are now The fastidious author of "The Facric Queene" gives a recipe for their prep-

With our sharp weapons we shal the And tay he castill that thou lyest in; we shall the flay out of the fouls skin, And in a dish, with one one and peper, we shall the drasse with strong you gars.

-London Standard.

Ilow Gold Leaf Kills The Chinese consul at San Francisco liscussed at a dinner his country's

ustoma.
"There is one custom," said a young dri, "that I can't understand, and

that is the Chinese custom of commit-ting suicide by esting gold leaf. I can't understand how gold can kill."
"The partsker, no doubt," smiled the consul, "surcumbs from a conscious ness of inward gilt."—Los Angeles

Manuscript Letters Rars.

Manuscripts and holograph letters from living literary celebrities should be hoarded with great care by their recipients. The prospect in that they will grow increasingly rare. Autograph signatures are probably all that the next seneration will be able to hid for in the auction resums and add to its collections.—New York Tribune.

Disinterested Advice.

"I have told my constituents that I regarded myself as a servant of the people," said Senator Sorghum.

"Yes." replied Farmer Contossel.

"but you want to keep people from gettio" an idea that you're one of these servants who are always on the lookout fur tipa."—Washington Star.

A Weather Prophet.

Mrs. Brown, I have pinned new simenac."

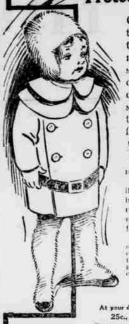
op your new aimanac."
"Oh, thank 'ee, miss, thank 'ee, but
my cerns tell me the weather far better than any of they 'ere simanacks!"—
London Opinion.

In the Barnyard.
"Look how queerly that hen is acting. Do you think she is hatching a plot?"

"No; I think she is plotting a batch." Baltimore American.

Industry keeps the body healthy, the mind ciear, the heart whole and the purse full.—Simmons

Warm Clothes are not always Protection against Colds



Colds are enught on of en in the house as outdoons. Live y thoughtful mother, every mother who laves her cl.11 should use not only every precaution to avoid these "Little colds and coughs," but the should be prepared to cure there cheases on their very first appearance.

VICKS Group and SALVE

never fails to give instant relief. Wich's is for outward application, does its work thoroughly through inhalation and absorption, easting off racdicated vapors that set directly upon the lungs, putting them in perfeet condition.

'I have used your Vick's Preumonia Cure in a secret cases researly and found it gave great comfort, and relief to my patients in lessaning the computer prevayers, and loosening the pittern. Now I use it in the beginning of broad-chall troutless with success.

(Miss) MARY W. MARTIN, (Registered Nurse.)

At your drugglet's or by mail. 25c., 50c., \$1.00 only suggests the dollar size.

VICK'S FAMILY REMEDIES CO.,

Greensboro, N. C.



Railroad Meeting

At Sophia School House in New Market township, Saturday, March 30, at 1:00 o'clock

Speakers will be

Hon. A. E. Holton U. S. District Attorney

Hon. Wm. C. Hammer

Solicitor 10th District

Also Mr, A. E. Tate, a director, and Mr. Edward W. Shedd, Chief Engineer of Randolph & Cumberland Railway Company.

Voters in New Market township are especially urged to register for the election to decide on stock subscription on April 8th. They will then be ready to act and can do so intelligently after the matter has been fully explained.

Everybody attend this meeting and get the bottom facts about the Randolph & Cumberland Railway extension.

Remember the day, March 30th, at Sophia School House at 1:00 o'clock.

......

CAUSE FOR ALARM.

se of Appetite or Distress After Est-ing a Symptom That Should Not Be Disregarded.

Be Disregarded.

Appetite is just a natural desire for food. Loss of appetite or atomach distress after eating indicate indigestion or dyspepsia. Over-eating is a habit very dangerous to a person's good general benith.

eral beaith.

It is not what you eat, but what you digest and assimilate that does you goed. Some of the strongest, heaviest, and leculthiest persons are moderate

and healthiest persons are mouseaux enters.

There is nothing that will cause more trouble than a disordered stom-ach, and many people daily contract serious maindies simply through dis-regard or abuse of the atomach.

We trge all who suffer from any stomach derangement, indigestion, or dyspessia, whether neute or chronic, to try Rexall Dyspecial Tablets, with the distinct understanding that we will

the distinct understanding that we will refund their money without emestion or formality, if after reasonable use of this medicine, they are not perfectly attacked with the results. We recommend them to our customers every day, and have yet to hear of any one was has not been benefited by them. We honestly believe them to be with out equal. They give very prompt relief, aiding to neutralize the gastri-juices, strengthen the digestive organs to regulate the bowels, and thus to promote perfect nutrition, and eradicate all unhealthy symptoms.

We urge you to try a 25c. box of

all unleasity symptoms. .

We urge you to try a 25c. box of
Rexall Dyspensia Tablets, which gives
15 days: treatment. At the end of
that time, your money will be returned
to you if you are not satisfied. Of
course, in chronic cases length of freat
ment varies. For which cases we have ment varies. For such cases, we have two larger stress, which sell for 50c and \$1.60. Remember, you can obtain Rexall Remedies in this community only at our store—The Bexall Store

WHY OWN WEBSTER'S INTERNATIONAL DICTIONARY THE MERRIAM WEBSTER? decause it is a NEW CREA-TION, covering every field of the world's thought, action, and culture. The only new unabridged dictionary in many years. Because it is the only dictionary with the new divided Because it is an encyc Because it is commended to be been as the one a authority.

Because he who know Success. Let WRITE for specimens of the new divi-C. & C. MERRIAM CO., Publishers, Sprin Manthes Units paper, residen PREE a not of

MONEY TO LOAN-We are MONEY TO LOAN—We are in position to after \$50°.00 to \$2,000,00 on improved farming property, where approved by clients, and where the security is first class, Apply at once to Asheboro Trust Company, Hal M. Worth, Sec'y Tressurer.