Corn Meal Butter Bread.

sup white or yellow corn me

2 teaspoons baking powder.
2 teaspoons baking powder.
Pour the hot milk over the corn and sait. Let stand until cook. Add the butter or bacon fat, melted, the eggs well-beaten and instity, sift in the

Beat for a few seconds and turn into a well-greased, deep baking dish. Bake thirty minutes in a moderately het even. Serve from the dish in which it is baked.

This bread is very good with meas and gravy instead of potatoes or rice

Nut and Fruit Salad.

3 tart apples.
1 oup pineapple dice.
1 cup celery.

oup Brazil nuts head lettuce. % cup mayonnaise or cooked dress

½ cup cream, beaten until stiff.
Pare, core and cut apples in small,
thin slice. Clean and cut the celery in thin slices.

Stice the nuts and cut the pimientos in small dice.

Mix all with a little mayonnaise Season to taste, adding a small amount of lemon juice if needed. Wash and dry the lettuce leaves and arrange in salad bowl. Place the

fruits and nuts in center. Garnish top with the remainder of mayonnaise mixed with the stiffly beaten cream. If desired, the pimientes may be cut in strips and used to garnish the salad.

Baked Pears With Rice.

Inch piece of cinnamon.

2 sups milk.

1-2 cup rice. 1 egg. 2 tablespoons sugar.

1-2 teaspoon salt. 2 cups sugar.

Pare, cut in halves, and remove the seeds from the pears. Make a sirup by cooking sugar, water and cinna-mon together for five minutes. In this sirup cook the pears, a few at a time, a. m.; reach Star at 11 a. m., and until they are soft but not mushy. Aberdeen at 3:40 p. m. Cook rice in milk for one hour—add sugar, salt and egg, and cook five p. m.; arrive at Star at 4:55 p. m., minutes. Turn into a mold and chill. Tura onto a serving dish, surround

with pears and sirup. Hard winter pears, or the early fall pears, or seckel pears, are all good cooked in this way.

Spmetimes a little preserved ginger instead of the cinnamon is used.

Timbales.

Occasionally one wishes to make for

supper or luncheon and with which to make a croquette or timbale.

The following recipe will make a good timbale which will turn out, and by adding cheese to the sauce the fuel by adding cheese to the sauce the rues value of the dish will be considerable. This quantity will make four timbales, measuring one-half cupful, or six measuring one-third cupful:

1 cups soft, stale bread crumbs. 3 tablespoons butter or bacon fat.

1 sup milk. 16 teaspoon celery salt.

1/2 teaspoon salt.

con fat until yellow. Add bread grambs and cook one minute. Add and cook until a paste is form-

Ben add seasonings and eggs lightly beaten. Turn in well-buttered modes and set molds in a pan half

Pake in a moderate oven until firm, run into the center of the timbales.

Serve with the following sauce:

2 tablespoons butter...

2 tablespoons flour.

The American's Croed.

DON'T RISK NEGLECT

On December 15, 1921, Mrs. Burns added: "There is nothing like Doan's Kidaey Pills for me. I den't knew how I would get along without them. I used Doan's every once in a while to keep my kidneys in good orden."

Price 60c, at all dealers. Don't simply ask for a kidney remedy get Doan's Kidney Pills—the same that Mrs. Burns had. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

NEW SCHEDULE ON NORFOLK SOUTHERN RAILROAD

The people in this section of the state especially in Moore, Montgom-ery and Randolph counties were re-joicing Monday morning when the new schedule went into effect on the Norfolk Southern railroad. The passenger trains on this road between Asheboro and Aberdeen have been discontinued since the strike some months ago, and a mixed freight has been the only accommodation on the railroad between these points.

chedule is as follows: The trains will be mixed trains, Nos. 70 and 71, handling through freight only, while the new trains, 74 and 75, will handle local freight and passengers. All trains will be daily except Sunday

Train No. 70 will leave Aberdeen at 9:30 a. m., reach Candor at 10:30 a. m., Star at 11 a. m., and Ashe-

bore at 1 p. m. Train No. 74 will leave Aberdeen at 8:30 a. m.; reach Star at 11:45 a. m.; leave at 12:15 p. m., and reach Asheboro at 2:30 p. m.

No. 75 will leave Asheboro at 8:45

Trimming an Ingrown Nail. Almost as deeply ingrown as popular delusion that fractures "knit" on the ninth day-or is it the twenty-first?—anyway it is one big day that never was is the popular idea that an ingrowing toe nail should be trimmed straight across without rounding the corners off at all, or is it the other way?-anyway it is some way that

doesn't matter.

There is a way to trim or cut se-called ingrowing toe nail, and it gen-erally gives permanent relief and en-tire satisfaction. Briefly it is as follows: A local anesthetic is injected into the tissue near the edge of the nail and the root of the nail. surgeon then removes a wedge of tissue which includes the edge of the nail and the soft tissue next to the sail. He takes a good deep section out while he is at it, so that the clean edges will approximate nicely. That is all there is of it.

The soft tissue at the edge of the nail, being constantly pressed and squeezed against the edge, become irritated and inflamed, and if the about the natural vellow.

Add bread normal or freak shoes are not discussed. ed the inflammation is followed by granulation ("proud flesh"— in the groove, and this granulation tissue heals up over the nail edge giving the appearance of "ingrowing" nail. If a toe nail took upon itself a tendency to grow in there would be little to do for it. But the soft tissues may be drawn away from the nail edge by skilfully applied strips of adhesive plaster, changed night and morning. The groove may be powdered with burnt alum to discourage the granulation tissue. Of course wide toed shoes having the straight inside heel and toe lines must be worn, if any shoes may be worn while the nail edge is now

shoes may be worn while the nail edge is sore.

More Milk For Children.

Last February a milk campaign was waged for the school children with amazing results. It is not necessary for any organization in Asheboro to start such a movement when so many families have cows of their own, and pure dairy milk is accessible.

This fact is shown by figures derived from a chart given out by the chamber of commerce, of Greensboro, Thursday giving results of milk feeding experiments conducted in the city schools for a period of eight weeks.

The greatest gain shown by a child on the milk diet was sight pounds in eight weeks, and the average gain for each child over that period was



SOMETHING new to est!-Get ready to eat reindeer meat, folks.
The reindeer experiments of Uncle Sam
and William T. Lopp in Alaska have proved a great success. The first drive of 1,500 from the home range to a big distributing point, already is

More than 800 miles will be traversed by this herd, moving from Good News bay to Riley creek on the Alaskan railway. The herd will pasture and fatten on the moss-covered plains along the railway. In the fall they will be slaughtered.

Other heres will follow this to the whinity of the railroad, where a 12,000 square mile area is open for feeding them, and transportation is at hand. The surplus from other herds will be

brought in regularity and will be factors in feeding not only Alaska but part of the United States. As a palatable, nourishing food, reindeer meat finds favor wherever marketed in

To the Eskimo the reindeer is most sled animal, traveling in snow too deep for dogs. Slaughtered, his meat assures a food supply and a trading commodity, and the skin provides the ma-terial for making every garment which the Eskimo wears.

owned nothing. Today, those in the pletis reindeer industry own herds worth over than \$4,000,000, have an assurance of a rate. profitable livelihood, and real business Here is where Lopp has succeeded.

ous ice and wind-swept Arctic winter coast for 750 miles, to feed a starving

Going Some. chat Monday night to 30,000 people a bottle of Mayr's Wonderful Be over the radiophone, he told them edy and in 3 weeks she was able that the state's road building results get about and walked a mile daily in two miles of hard surface characters. chat Monday night to 30,000 valuable. Alive, it represents a value daily in two miles of hard surface church." It is a simple, harmle of \$25 a head. It is an excellent and three of other construction, and preparation that removes the said animal, traveling in snow too deep that the building from first to last re-

From the expenditures it can be causes practically all stomach, liver seen, too, that this construction requires about \$100,000 every work day, figures which we have verified. The state is therefore spending about \$25,
80ld by Standard Drug Company Twenty-five years ago the Eskimes 600,000 a year on roads and is completing each day 5 miles, or more than 1,200 every year at the present

Here is where Lopp has succeeded. road construction program. There He's chief of the Alaska division, are 160,000 automobiles in the state United States bureau of education, and not counting the 18,000 trucks. These United States bureau of education, and not counting the 18,000 trucks. These the verge of a magnificent success all belong to North Carolina, but it is safe to assume that 50,000 automorphisms.

Pioneers will tell you of Lopp's part in the Point Berrow relief expedition of 1897, when with four Eskimos he droys 400 reindeer across the treacher one loss and what a little agreesity struck it these tourists can do by way of saying a good word for North Carolina, schools and reads will come back with the same than the s everybody can see. From California a billion of compound interest. Fire to Maine and from Minnesota to Ala-miles of finished road and \$100,000

GLAD SISTER ESCAPED OPERATION

"Physicians had given my eister up to die; they wanted to operate for gall stones, but she was too weak and In Chairman Frank Page's little could only talk in whispers. I got her

money refunded.

Sold by Standard Drug Company and leading druggists everywhere.

Harnett county farmers are org No wonder that people are no longer ditions and methods of other parts of unintelligent enough to attack the the state.

Many a business has collapsed on bama, the chorus of praise for North paid to 16,000 men daily—that is cer-Carolina is without discord.

Anniversary Sale Prices Prevall in Our Ladies' Readyto-Wear Section

The anniversary of our fifth year in High Point is being observed by us in our ladies' ready-to-wear department. Many real value giving specials are being given by us. Newest styles, latest patterns, and excellent materials are being shown here. Come in and go through our stock of ladies' ready-towear, coats, dresses, and suits, and see exactly what we are now offering you. Note the prices that we have them marked at. Note the styles, the new styles, the styles that add such becoming smartness to the wearer. The styles that add individuality to the wearer. The materials that will give you a lasting service that will more than justify you in purchasing a garment, such as we are offering. Note the wide range of colors that this fall has brought forth. Note the beauty of it all, you are not asked to buy, but just to come and look and see for yourself what we are offering you. Visitors always welcome.

New Fall Dresses

	0.20
100	Lovely new fall dresses of canton crepe and crepe de chine, all are made nicely and some trimmed and others plain in navy, black and brown for \$9.95
	Ladies' wool dresses \$5.98
	Ladies' wool mixed serge dresses \$3.98
	Visit our annex-entrance back of office.
	A complete line in all the desirable furs.
	Squirrel chokers, special price \$13.75
	Stone Marten chokers, special \$7.98, \$12.48
	Red Fox chokers, special \$13.75
	Ctone Marten Opossum chokers \$7.95, \$12.48
	Pearl grey fox chokers \$7.95
	Beaverette in single and twin-skin \$4.98, \$11.48
	Special values in scarfs in fox and cross fox \$16.75
	Ladies' Coats of Bolivia Cloth, priced at \$32.50
	Heather mixtures of the new materials for \$12.48
	Velour and Bolivias in brown, navy and black
	\$25.00 values, for
	Velour and heather mixtures, blue and brown,
	for

Satin Dresses

You have seen dresses priced at \$16.75 before, but never have you seen such dresses as the ones we have at this price. New dresses of satin, poiret twill and tricotine dresses in navy at \$16.75

Ladies' New Coats

Velours and Bolivia in navy, brown, and black

Poiret Twill Suits

Poiret twill suits for fall. They are the new soft fabrics in tailored models, for \$29.95

Children's Coats

Children's silver tone and chinchilla coats for \$4.98 Made of beautiful colors of velour. Sizes 10 to 14,

New Sweaters

Ladies' new coat sweaters in the new fall colors \$3.98 to \$6.48 for Children's wool and cotton sweaters, in pink, old rose, red, blue, white. Efird's prices. . \$1.98, \$2.48

Thanksgiving Values in Men's, Women's and Children's Shoes

Below we list just a few of the items that we are offering you. Note the prices at which we have them marked, then come in and see the wide range of new styles that we are now showing. The smartest of all shoes. The popular satin brocade pump which we have on display, and many other styles, equally as popular. Real Thanksgiving prices are now being offered. Note our window display of shoes.

Men's Shoes

·····································	190
Men's black scotch grain oxfords	\$5.8
Men's tan scotch grain oxfords	\$5.8
Men's brown brogue oxfords	\$5.8
Men's black scotch grain shoes	\$5.9
Men's scotch grain shoes	\$5.9
Men's Russian calf, Reynolds shoes	\$7.0
Men's Russian calf, Reynolds brogue shoes	\$7.0
Men's brown kid, Reynolds combination last	
Men's black leather lined shoe	
Men's Russian calf shoe	\$4.9
Men's brown kid, flexible tread	\$6.0
Men's Russian calf, English last	85.9
Men's Russian calf, blucher last	99.9
Men's black kid, English last	
Men's tan English shoe	94.2

Ladies' Pumps and Oxfords

ě	Black estin brocade numn Cuhan heel	\$6.50
ğ	Black satin, brocade pump, Cuban heel Ladies' black satin pump, baby Louis heel	\$5.98
ş	Ladies' black kid pump, baby Louis heel	\$4.98
	Ladies' patent pump, military heel	\$4.98
	Ladies' patent, grey trim pumps	\$4.98
	Ladies' tan pump, heel	\$4.98
	Ladies' two-tone oxford, military heel	\$5,85
	Ladies' brown kid oxford, flat heel	\$4.98
	Ladies' Russian calf oxford, military heel	\$4.98
ű	Ladies' patent pump, baby Louis heel	\$5.98
I	Ladies' black kid oxford, military beel	
ŗ	Ladies' black kid, arch hold oxfords	\$5.85

Bring the children in; we give them special

attention