

This Medicine Recommended by a Doctor



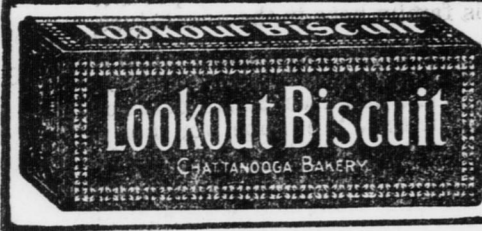
DR. J. H. WAGNER

Is beyond a doubt that PE-RU-NA, in what you need. PE-RU-NA may be purchased anywhere in tablet or liquid form.

When a doctor uses a medicine himself besides prescribing it to his patients, he must know that it has merit. This is what Dr. J. H. Wagner, a prominent physician of Skate, Kentucky, has to say about Dr. Hartman's well-known remedy, PE-RU-NA: "I have used PE-RU-NA myself for catarrh and have given it to others for catarrh, bloating after eating and other ailments. It has proved a success in all cases with old and young men and women. All speak well of PE-RU-NA. It is the best of all tonics."

Dr. Wagner, out of the fullness of his own personal experience, for the good of all sick and suffering, recommends a medicine which he knows to be good. You may be sure a doctor would not endanger his professional reputation by endorsing PE-RU-NA unless satisfied beyond a doubt of its value.

Whether your trouble be a cough or a cold, or a more subtle catarrhal affection of the stomach, bowels or other organs, give PE-RU-NA a trial. The immediate improvement which you will see will satisfy you beyond a doubt that PE-RU-NA, in what you need. PE-RU-NA may be purchased anywhere in tablet or liquid form.



Lookout Biscuit
FRESH - CRISP - WHOLESOME - DELICIOUS
THE SANITARY METHODS APPLIED IN THE MAKING OF THESE BISCUITS MAKE THEM THE STANDARD OF EXCELLENCE
Your Dealer has them, or if not he should. Ask him or write us giving his name.
CHATTANOOGA BAKERY CHATTANOOGA, TENN.

The Slackers.

An army officer said at dinner: "Some of our gallant young officers are accused of having acquired the use of face creams and powder over in France. Be that as it may—" Here the officer winked his eye. "Be that as it may, I know of some young officers here at home who took even greater care of their skins."

A man may be fast asleep and too slow to get out of his own way when awake.

Seeking the Truth.

He—I can't bear that fellow Chat-terton. He always brings up such uninteresting subjects. What was he talking to you about?
She—You.—London Answers.

Wright's Indian Vegetable Pills are simply a good old-fashioned medicine for regulating the stomach, the liver and bowels. Get a box and try them.—Adv.

No wise man ever gives advice until asked for it.

Yes; S. S. S. Is Purely Vegetable Nature's Safe Blood Treatment

On the Market Half a Century. When you are in perfect health, and are enjoying a strong and vigorous vitality, it is then that your blood is free from all impurities.

You should be very careful and give heed to the slightest indication of impure blood. A sluggish circulation is often indicated by

an impaired appetite, a feeling of lassitude and a general weakening of the system. It is then that you should promptly take a few bottles of S. S. S. It will aid in cleansing the blood and build up and strengthen the whole system. S. S. S. is sold by all druggists. Valuable information about the blood supply can be had free by writing to the Swift Specific Co., 50 Swift Laboratory, Atlanta, Ga.



WINTERSMITH'S CHILL TONIC
SOLD FOR 50 YEARS
For MALARIA, CHILLS and FEVER
Also a Fine General Strengthening Tonic.
SOLD BY ALL DRUG STORES.

YEARS BUT ADD TO BEAUTY

Particularly Graceful Tribute Paid to the Elderly by Widely Known American Writer.

I have carried these my preferences through life, and I still regard old ladies as angelic, inasmuch that I have never seen one that I did not revere. I do not know when they begin to look old to other eyes, but to mine they never look old, as old men look.

Very likely some of them may once have been silly, and some naughty, but they do not show it, while all the goodness and wisdom of their youth has grown upon them.

I should like to touch here, but barely touch, the thought of the dear and lovely lady which has all this time been in the back of my mind, as a supreme proof of the highest praise that could be given to aging woman, writes W. D. Howells in Harper's Magazine. She was of the finest modernity in her love of the best things in literature and life, and could no more err in taste than in truth or the beauty which is one with it.

She is gone now, who was so lately here in such perfection of mind and soul, that it seems as if she could never have left us who were privileged to share the bounty of her wisdom and grace.

Ouch!

She—Why do you smoke so much?
He—Because a good cigar helps me to think.
She—It's too bad your cigar dealer carries such poor stock.

Don't eclipse the good heart in you by a mean, selfish deed. Sunshine is what makes the corn grow.

BEAR CUBS PROBABLY UNIQUE

New Species the Result of Mating Canadian Black and Russian Brown, in London Zoo.

A "marriage was arranged" in London some time ago between Teddy, the black bear from Canada, and Daisy, the brown bear from Russia. The result is the first hybrid black-brown bear cubs ever born in the zoo—they may even be unique, for nature let alone produces no hybrids.

They are a rich mahogany compromise between their parents' colorings, and are doing splendidly. Along with the news comes word that the ugliest beast in the world, the Matamata turtle, another emigrant from the new world, has been on a hunger strike ever since his arrival in London. At home he gets his food in a nasty, treacherous way. He has a shell which looks like a lump of rock on which weed grows freely. He keeps quiet and looks like a pleasant stone for fish to rest under. Round his jaws are a number of long lumps which look like desirable worms. These are his ground bait, and even if the Matamata be asleep a nibble rouses him to snap up a meal.

Talking Back to the Parson. "I fear, doctor, I am not good enough to go to church."
"But, my dear madam, it isn't your goodness, it's your desire."
"But I'm not good enough to have any desire."—Boston Transcript.

A Hint.

She—Did I hear anything fall?
He—I think not.
She—Excuse me. I thought you dropped a remark.

Last Night's Dreams

—What They Mean

DO YOU DREAM OF ODORS?

DREAMS in which the sense of smell is present are of the rarest. Yet they do sometimes occur and that they have attracted attention for a long time is evidenced by the fact that interpretations of them have been handed down through the centuries by the mystics. They account it a most happy omen to dream that you smell perfumes, and to this rule there seems to be only one exception—the smell of rosemary in a dream is said to foretell mourning; though to see it and not smell it is good fortune. All other perfumes mean that you will be well spoken of by your acquaintances and will associate with people of intelligence and standing; all your enterprises will turn out successfully. But let the married man whose wife dreams that she puts perfume on her head look to himself; there is going to be only one boss in that household and she is "it."

Why the dream consciousness, which deals so readily and acutely with most other sensations, should be so chary of handling olfactory ones is puzzling—something for Professor Freud yet to explain. The scientists have endeavored to excite "smell dreams" by the application of odors to the sleeper's nostrils, but experiments in this direction have not usually been successful and Ellis cites an experiment made by Prof. W. S. Monroe upon twenty women students at the Westfield Normal school. A crushed clove was placed on the tongue for ten successive nights before going to bed. Of the 254 dreams reported there were only eight "smell dreams," and only three of these actually involved cloves. The real "smell dream" occurs without any "objective" source, and it would seem to be a most difficult matter to force the dream consciousness artificially to take cognizance of a sense of smell.

(Copyright.)

Mothers' Cook Book

The demand for unification of effort to make the whole world a wholesome place to live is the supreme demand of the hour.—Henry Buchtel.

What to Eat.

The following cake is one which may be given to the children:

Cream Jelly Roll.

Beat two eggs without separating the whites and yolks; gradually beat in one cupful of sugar, add one cupful of cream from the top of the milk bottle and one and two-thirds cupfuls of flour sifted with half a teaspoonful of salt and three teaspoonfuls of baking powder; add also a grating of lemon or orange rind or half a teaspoonful of the extract. Bake in a dripping pan, lined with greased paper, in a hot oven, about eighteen minutes. Turn out on a damp towel, cut the crisp edges and spread with any fruit jelly and roll.

Atlantics.

Beat the yolk of one egg, add half a cupful each of melted fat and molasses, mix and add two and one-half cupfuls of flour, sifted with one teaspoonful of soda, one generous tablespoonful of ginger and half a teaspoonful of salt. Mix thoroughly and chill in the refrigerator; then roll into a sheet, cut in small rounds, set in a well greased pan and bake. When cold place on top.

Reliable Frosting.

Put the unbeaten white of one egg, seven-eighths of a cupful of granulated sugar and three tablespoonfuls of cold water into a double boiler. Have the water in the lower part of the boiler boiling, and begin to beat the mixture at once with a Dover egg beater; continue beating seven minutes; add twelve marshmallows and beat until the mixture is smooth; remove and beat until cool enough to hold its shape.

Cornmeal Muffins.

Sift together three-fourths of a cupful of cornmeal, one-fourth cupful of potato flour, one cupful of wheat flour, one-fourth cupful of sugar, half a teaspoonful of salt and four teaspoonfuls of baking powder. Beat one egg, add a cupful of sweet milk and three tablespoonfuls of melted shortening and stir into the dry ingredients. Bake in a hot, well greased muffin pan twenty-five minutes. This makes a dozen muffins.

A good way to stretch a small portion of meat for the family is to chop it and mix it with noodles and a little brown or cream sauce. This may be served in one casserole dish, or in the small ramekins covered with buttered crumbs and baked.

Nellie Maxwell
(Copyright, 1920, Western Newspaper Union)

THE HOUSEHOLDER.

When I'm away a little while, Things all go wrong at home, Each crab-grass seed lawn-plots shrieks for me. Each weed-choked onion reeks for me, And every spigot leaks for me, When I am on the roam.

Classified.

"What two kinds of alcohol are there, Johnny?"
"Denatured and d—natured, teacher."

A Remarkable Case Given Up By Five Doctors

East Chattanooga, Tenn.—"Two years ago Dr. Pierce's Golden Medical Discovery not only saved my life but restored me to perfect health after five doctors gave me up as hopeless. It was about two months after my first baby came and I became so bloated that I could not get around at all and finally stayed in my bed helpless for nine weeks. The doctors said I would not live two weeks when a neighbor recommended Dr. Pierce's Golden Medical Discovery to me, and a last resort I took. The first bottle was gone I was up and around, and by the time I had finished the second bottle of 'Golden Medical Discovery' I was a perfectly well woman. That state of good health I am still enjoying, so am convinced that mine was a permanent cure, and I cannot praise Dr. Pierce's Golden Medical Discovery too highly for the great benefit it has been to me."—MRS. MARY LEE HAMPTON, 9 Orear St.



Our Neighbors Suffer from Colds
Alton Park, Tenn.—"About three years ago I caught a very heavy cold and my limbs ached and pained me terribly. I took several different kinds of medicines but nothing gave me the relief that Dr. Pierce's Golden Medical Discovery did right from the first few doses. I took two bottles of it and consider it an excellent tonic and a permanent cure, and I cannot praise Dr. Pierce's Golden Medical Discovery too highly."—MRS. ELIZABETH BLACK, Union St.

Long ago Dr. Pierce combined certain valuable vegetable ingredients—without the use of alcohol—so that these remedies always have been strictly temperance medicines. Send 10c for trial package of any of Dr. Pierce's medicines. Address Invalids' Hotel, Buffalo, N. Y.

Naturally

"You look depressed this morning."
"I have a good reason. When I went to look at my private stock I found I was out of spirits."

OUT O' LUCK

Never mind! Just take Cascarets if Bilious, Constipated

Everyone must occasionally give to the bowels some regular help or else suffer from constipation, bilious attacks, stomach disorders and sick headache. But do not whip the bowels into activity with harsh cathartics.

What the liver and bowels need is a gentle and natural tonic, one that can constantly be used without harm. The gentlest liver and bowel tonic is "Cascarets." They put the liver to work and cleanse the colon and bowels of all waste, toxins and poisons without griping—they never sicken or inconvenience you like Calomel, Salts, Oil or Purgatives.

Twenty-five million boxes of Cascarets are sold each year. They work while you sleep. Cascarets cost so little too.—Adv.

Quite So.

"Did you see where potato peelers in Chicago want \$6 a day?"
"What a skin game!"

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs. It is not a stimulant and is taken in teaspoonful doses. It is not recommended for everything.

It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

It Sometimes Happens.

"Well, he made his bed—"
"And now he lies in it!"
"No, he lies about it."

Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Adv.

Watch your thoughts as well as your step.

Sure Relief



SWEET LAW WILL STAND FOR YEAR

NO FURTHER LEGISLATION ON BENEFITS DUE SERVICE MEN EXPECTED AT PRESENT.

LIBERAL INSURANCE TERMS

Policies Lapsed or Canceled May Be Reinstated by Payment of Two Monthly Premiums—List of Beneficiaries Considerably Enlarged.

By JAMES P. HORNADAY.

Washington.—No additional legislation relating to benefits due the men who served in the world war is to be undertaken immediately. This decision has been reached by the leaders in congress after many conferences with the officials of the war risk bureau. It is believed the new ratings fixed by the Sweet law, now in effect, will stand through the coming fiscal year anyhow. The war risk bureau continues to interpret the legislation in the interest of the ex-service men in a liberal way; every doubt is cast in favor of the man who was willing to give his life for the cause for which the war was fought.

In line with the liberal policy adopted, a new ruling relating to war insurance has just been made. Practically every one of the 4,000,000 service men took out insurance when they entered the service. Many thousands have let their policies lapse since the armistice. The new ruling is for the benefit of these men. Under it war risk (term) insurance, regardless of how long it may have been lapsed or canceled, and regardless of how long the former service man may have been discharged, may be reinstated any time before July 1, 1920.

The conditions are:
(1) Two monthly premiums on the amount of insurance to be reinstated must accompany the application.
(2) The applicant must be in as good health as at the date of discharge, or at the expiration of the grace period, whichever is the later date, and so state in the application.

Offer Is Very Liberal.

The new ruling is a liberalization of war risk insurance since the passage of the Sweet bill, and is designed for the special benefit of service men who failed to reinstate their insurance prior to the new law, and who have been discharged more than eighteen months.

Ex-service men may still reinstate their lapsed term insurance at any time within eighteen months following the month of discharge by complying with the same conditions. Within three months following the month of discharge, reinstatement may be made by simply remitting two months' premiums without a formal application or statement as to health.

Reinstatement may also be made after eighteen months following discharge, as follows: If the insurance has not been lapsed longer than three months, by complying with the conditions outlined. From the fourth to the eleventh month, inclusive, after lapse, by complying with the same conditions, and in addition submitting a formal report of examination made by a reputable physician substantiating the statement of health to the satisfaction of the director of the bureau.

Beneficiaries Group Enlarged.

In announcing the new ruling, Director Cholmeley-Jones emphasizes the fact that war risk (term) insurance, or United States government (converted) life insurance may now be made payable to any of the following new and enlarged group of beneficiaries:

Parent, grandparent, step-parent, wife (or husband) child, step-child, adopted child, grandchild, brother, sister, half-brother, half-sister, brother through adoption, uncle, aunt, nephew, niece, brother-in-law, sister-in-law; persons who have stood in the relation of a parent to the insured for a period of one year or more prior to his enlistment or induction, or the child or children of such persons; parent, grandparent, step-parent, or parent through adoption of the insured's wife (or husband).

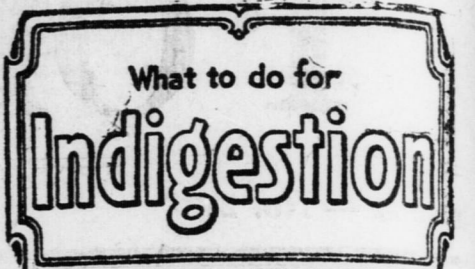
War risk (term) insurance may be converted into United States government life insurance, now or at any time within five years after the formal termination of the war by proclamation of the president.

The problem of further bonuses for the ex-service men is still with the legislators. Many of the congressmen are urging favorable action on some bonus bill at this session. The leaders in senate and house have withheld so far, mainly because of the expense involved. There is much demand for the legislation proposed by Mr. Lane, the outgoing secretary of the interior, to develop and make available farm land for the ex-service men, but apparently it has been pigeonholed for the present. With Mr. Lane out of the cabinet potent influence in its behalf will be lacking.

A Wood Turner.

Algernon—That—aw—pretty little sculptress I—aw—met at youah we-reption lawst evening completely turned my head, doncher know.

Henry—Indeed; I knew she had quite a reputation as a molder in clay, but I wasn't aware that she worked in wood!—London Answers.



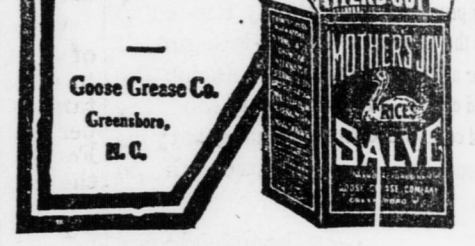
What to do for Indigestion
"Pape's Diapiesin," by neutralizing the acidity of the stomach, instantly relieves the food souring and fermentation which causes the misery-making gases, heartburn, flatulence, fullness or pain in stomach and intestines. A few tablets of "Pape's Diapiesin" bring relief almost as soon as they reach the stomach. They help regulate disordered stomachs so favorite foods can be eaten without distress—Costs so little at drug stores.

Break Up That Cold; Avoid Influenza

You can't afford to trifle with a cold. It may lead to influenza or other serious trouble. Start fighting it at once with

MOTHER'S JOY Croup and Pneumonia SALVE

Applied externally to the throat and chest, it quickly penetrates to the seat of the inflammation, relieving congestion and soreness, and aiding to prevent pneumonia. It is soothing, warming and absolutely harmless to the tenderest skin. Doctors recommend it. Buy it from your dealer.



Goose Grease Co., Greensboro, N. C.

Liggett's King Pin Plug Tobacco
Known as "that good kind"
Try it—and you will know why

HORSE OWNERS

Keep a bottle of Yager's Liniment in your stable for sprain, curb, spint or any enlargement, for shoulder slip or sweeny, wounds, scabs, scratches, collar or shoe boils, sprains and any lameness. It absorbs swellings and enlargements, and dispels pain and stiffness quickly.

YAGER'S LINIMENT

At all dealers. Price 35 cents. The large 35 cent bottle of Yager's Liniment contains twice as much as the usual 50 cent bottle of liniment. GILBERT BROS. & CO., Baltimore, Md.

For Headache, Neuralgia and Colds, take

PEPSATED ASPIRIN

Does Not Upset the Stomach.

Compound tablets of pure aspirin and pepsin. Retains all the medicinal qualities of aspirin.

Safe and Effective



PELLAGRA

CURED WITHOUT A STARVATION DIET AT A SMALL COST

If you have this awful disease, and want to be cured—to stay cured—write for FREE BOOK giving the history of pellagra, symptoms, results and how to treat. Sent in plain, sealed envelope. A guaranteed treatment that cures when all others fail. Write for this book today. CROWN MEDICINE COMPANY, Dept. 51, Atlanta, Ga.

Old Folks' Coughs

will be relieved promptly by PISO'S. Stops throat tickle; relieves irritation. The remedy tested by more than fifty years of use.

PISO'S

A Morning Dish Of Grape-Nuts

certainly does hearten one up for the day. Why shouldn't it? Grape-Nuts is ready-cooked, ready-sweetened, and contains just those good elements nature requires for the strength to do things. Make Grape-Nuts your home cereal. "There's a Reason"