

WOMAN AVOIDS AN OPERATION

Hope Nearly Gone, but Lydia E. Pinkham's Vegetable Compound Saved Her

Star, N. C.—"My monthly spells gave me so much trouble, sometimes they would last two weeks. I was treated by two doctors without relief and they both said I would have to have an operation. I had my trouble four years and was unfit to do anything, and had given up all hope of ever getting any better. I read about your medicine in the 'Primitive Baptist' paper and decided to try it. I have used Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Liver Pills for about seven months and now I am able to do my work. I shall never forget your medicine and you may publish this if you want to as it is true."—Mrs. J. F. HURSEY, Star, N. C.

Here is another woman who adds her testimony to the many whose letters we have already published, proving that Lydia E. Pinkham's Vegetable Compound often restores health to suffering women even after they have gone so far that an operation is deemed advisable. Therefore it will surely pay any woman who suffers from ailments peculiar to her sex to give this good old-fashioned remedy a fair trial.

To abort a cold and prevent complications take



The purified and refined calomel tablets that are nausealess, safe and sure.

Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

Skin Tortured Babies Sleep Mothers Rest After Cuticura

Soap 25c, Ointment 25 and 50c, Talcum 25c.

How He Got It. "Pa had the last word in an argument with ma last night." "That so?" "Yep. Ma was arguing that she simply had to have a new gown for a dinner party that is coming soon." "Well, how did your father get the last word in that sort of a battle?" "He finally said 'yes.'"

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.

Surely a Star. Young Author (reading from manuscript)—He flung her an imploring glance, fell on his knees, seized her hands, threw prejudice to the winds, and, grappling with fate, rushed forward to his destiny, determined to win or die!

Little Brother (admiringly)—Gee, wouldn't he a-made a grand football player?

Sure Relief



6 BELLANS Hot water Sure Relief BELLANS FOR INDIGESTION

The Kitchen Cabinet

(©, 1921, Western Newspaper Union.)

Truth and honesty, like precious stones, are perhaps most easily imitated at a distance.—Dickens.

A GROUP OF SWEET BREADS.

This is the time of year when cakes of various kinds may be made and kept for weeks, improving with age. A store of good things is as much a source of comfort as a bank account for a rainy day. The following recipes are some old and some new, but are all worth keeping in reserve. For an ordinary loaf two cupfuls of sponge and any variety of fruit, spice and flavoring to suit the taste, may be added.

Caraway Loaf.—Take one-half cupful of sugar, two tablespoonfuls of shortening, one cupful of raisins, one tablespoonful of caraway seeds, one egg and two cupfuls of sponge. Mix the sponge with the ingredients, adding a little flour as can be handled to knead; make into a loaf, and when double its bulk bake in a moderate oven. The flour may be stirred in without kneading, and if well mixed so that the yeast plant is distributed in all parts of the dough, the bread will be even grained, light and tender. When a rolled dough is desired more flour will be needed. The fruit and spices may be added to the loaf as it is ready for the oven, or spread over the top, rolled and baked either in a ring when very light, or cut in small slices.

Fig Loaf.—Is prepared as above, using one-half cupful of figs finely chopped, one-half cupful of walnut meats and one-half teaspoonful of grated nutmeg. The figs take the place of the raisins.

Seed Loaf.—For this the same foundation with one-half cupful of raisins, two tablespoonfuls of poppy seeds and two tablespoonfuls of thinly sliced citron. If the poppy seeds are not agreeable, try cardamom seeds.

Ginger Fruit Loaf.—Take one cupful of mixed, dried, chopped fruit, one-fourth of a cupful of candied ginger.

Marmalade Loaf.—Use one-half cupful each of raisins and orange marmalade with the other ingredients as above.

Coconut Date Loaf.—Take one cupful of chopped dates, one-half cupful of coconut, and a teaspoonful of almond extract.

"The world is too much with us late and soon Getting and spending we lay waste our powers."

WINTER GOOD THINGS.

A salad which is most attractive and is not common may be prepared as follows: Take small sized and uniform beets that have been canned.

Hollow the center and fill with diced celery and minced onion mixed with mayonnaise. The beet is served on a heart leaf of lettuce and the receptacle will be as good to eat as its contents.

Vanilla Bavarian Cream.—Soften one-third of a package of gelatine in one-third of a cup of cold milk. Make a soft custard of one cupful of milk, three egg yolks and two-thirds of a cup of sugar; add the softened gelatine and stir over ice water until beginning to thicken, then fold in one cupful and a half of beaten cream, a teaspoonful of vanilla and a pinch of salt. Dissolve the gelatine and sugar in the hot milk.

Steamed Pudding Without Eggs.—Mix together two cupfuls of soft crumbs, one cupful of minced raisins, half a cup of molasses, one cupful of milk, one-half teaspoonful each of clove and cinnamon, and if a dark pudding is desired, two tablespoonfuls of cocoa. Turn into a buttered mold and steam two hours. Serve with a hard sauce.

Cheese Pudding.—Line a buttered baking dish with pieces of buttered bread. Cover the bottom of the dish with a thick layer of grated cheese. Cut up a few ripe olives, a green or red sweet pepper, and sprinkle over the top of the cheese. Add salt, pepper and onion salt. Cover with a slice of buttered bread. Another layer may be placed, if desired, having the buttered bread on top. Cover with leftover cream of tomato soup, or milk and tomato, adding two eggs for each cupful of liquid. Pour over the bread and bake in a moderate oven, well covered the first of the baking. Test to see if it is well done, as one does a baked custard—a knife thrust into the center should come out clean. This should be served at once as a main dish at luncheon with a crisp green salad.

Corn Fritters.—These may be made with canned or fresh corn, chopped fine, but the best fritters are made from the corn pulp or kornlet. Beat the yolks of two eggs, add one cupful of corn, half a teaspoonful of salt and paprika and one cupful of flour, sifted with two teaspoonfuls of baking powder; mix well, then fold in the stiffly-beaten whites of the eggs. Drop by teaspoonfuls into hot fat, which will brown a cube of bread in 60 seconds. Drain on soft paper and keep hot until served.

Rompers are steadily gaining in favor for tiny girls; the emancipation of their sex from any hindrance appears in such droll affairs as are

Those Flattering Coat Dresses



OVER the horizon everywhere those attractive and sometimes confusing coat-dresses are emerging in a way that promises them a growing vogue. At first it seemed that they were designed to please women who long for slender lines when nature has decreed them opulent curves, but the slender women have seized upon the coat dress also, finding it just the thing in which to reveal their fashionable liteness. It does much for both types of figure and therefore is being developed into afternoon as well as street models, although its career began in the strictly tailored class.

The model shown at the right of the picture above belongs to the plainer, tailored class and is convincingly becoming to a full figure. It depends upon handsome embroidery on the collar and deep cuffs and about the three-quarter length sleeves to give it

a rich flavor and has a narrow double belt of the material fastened with a small buckle at the front. The skirt portion is redeemed from plainness by simulated panels at the sides having round, cloth-covered buttons set in them.

At the left a dressier model appears in a cloth coat, worn over a satin underslip having satin sleeves. A folded collar of metal-brocade ribbon and pointed cuffs of the same lift it into the class of afternoon frocks and the slit at the sides of the skirt portion, outlined with fancy braid, gives additional interest. The belt is of the cloth.

The combination of two materials in these coat dresses is worth considering by women who have the remodeling of frocks in mind. Like the tunic dress, worn over underskirts in another material, the coat dress lends itself to combinations.

Rompers for the Tiny Girl



THE forehanded seamstress that keeps her needle busy doing spring sewing in the heart of winter, is concerned with new styles for the little folks just now. Everything for them may be made up for the coming spring and be out of the way when the time comes to consider things needed by their elders. An early Easter this year will put this time a little forward and thanks to the specialists who make children's clothes, there are plenty of new models in everything they wear and plenty of good patterns to guide the home seamstress in her work. The stores are full of attractive wash fabrics and the fashion papers abound with reports and pictures.

Rompers are steadily gaining in favor for tiny girls; the emancipation of their sex from any hindrance appears in such droll affairs as are

shown in the picture above. Colored cotton goods and coarse linens make sturdy and pretty garments in which the small folks can run and tumble about to their hearts' content, and designers give rompers much of their attention. Most of the models turned out are suited to either sex, but occasionally one comes across something that has a distinctly feminine flavor like the amusing example in the picture in which the needlessly widened hip lines bespeak a feminine fancy. The neck and sleeves are finished with the buttonhole-stitched scallops. A little simple fancy stitching outlines a simulated yoke and calls attention to the exaggerated hip lines.

Julia Bottomley

Kill That Cold With



Neglected Colds are Dangerous
Take no chances. Keep this standard remedy handy for the first sneeze.
Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache
Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opiate in Hill's.

ALL DRUGGISTS SELL IT

You Must Replace the Wear and Tear on the Human System

Did you ever stop to consider what a tremendous task is placed upon your human system every day? Your heart is constantly pumping life and vitality to every part of your body. This is being rapidly consumed after being turned into energy and strength that keeps your system performing its various functions. Every day there is a certain amount of wear and tear that must be replaced, if you are to enjoy good health. Many people have found S. S. S. a great aid in keeping their system in good condition. Being such a fine blood tonic and system-builder S. S. S. strengthens and enriches the blood supply, and gives new vigor and vitality to the whole body. S. S. S. is sold by all druggists. Write for free literature and full information to Chief Medical Adviser, 162 Swift Laboratory, Atlanta, Ga.

FOR THE BEST TABLES MAXWELL HOUSE COFFEE "GOOD TO THE LAST DROP" SEALED TINS AT GROCERS

Not Unanimous. "Do you pay your servant well?" "I can't say. Everybody except the servant seems to think so."

Cuticura Comforts Baby's Skin When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Adv.

ROSE UP IN THEIR WRATH

Entire Body of "Plain People" of Crimson Gulch Tired of the Part They Played.

"Going for a little holiday?" inquired the member of a surveying party.

"No," replied Phite Pete. "These suitcases represent all our worldly possessions and the departure which it is your historic privilege to witness is a two-handed play on which we an' Cactus Joe here intends to stand pat forever."

"But Crimson Gulch is just beginning to be the fine town which you have so long hoped for."

"It is. All the boys except us has prospered one way or another, so that every one of them is an assessor or a stockholder or somethin' that makes him some kind of a rate booster. So me an' Cactus Joe is emigratin'. We're willin' to do our duty as citizens, with any kind of an even break. But we're tired of bein' the entire plain people."

Improved Gunnery in the Navy.

Analysis of the gunnery exercises of the American navy during the past year shows that the greatest progress toward efficiency was made by vessels of the battleship class, due to the large number of men aboard such ships and the comparative stability of the personnel. The Navy department considers that battleship gunnery is at present about equal to that of foreign battleships. It is believed that next year vessels of other classes will be brought up as regards gunnery to the level of our battleships.—Scientific American.

Arrived There. "I wrote a poem once, an Ode to Oblivion." "What became of it?" "It reached its destination."

FREE GARDEN BOOK

Send us your name today and those of your friends interested in gardening and we will send you absolutely free a copy of our

56 Page Valuable Information BOOK ON GARDENING 1921 EDITION WILLIAMS SEED COMPANY 69-71 Commercial Place, Norfolk, Va.

WINTERSMITH'S CHILL TONIC

SOLD FOR 50 YEARS FOR MALARIA, CHILLS AND FEVER. Also a Fine General Strengthening Tonic. At All Drug Stores. Arthur Peter & Co., Louisville, Ky.

WISEACRES WERE ALL WRONG

Wife Could Afford to Smile in Later Years at Those Who Opposed Her Marriage.

October 23, 1764, there were united in marriage a pretty girl of twenty, Abigail Smith, daughter of a minister, to John Adams, a young lawyer without a practice, himself the son of a rather poor farmer. The lady's friends were not enthusiastic over the match, as the girl's forefathers were all of literary or professional caste, while the young lawyer could boast of no connection but with the soil. The parishioners were outspoken in their disapproval of the match, it being based largely on their suspicion of lawyers in general.

The fiery old minister-father of Abigail promptly took exception to the remarks, and the very next Sunday announced his text as "For John came neither eating bread nor drinking wine, and ye say he hath a devil." The minister's faith in his son-in-law proved well given, for the unknown and clientless lawyer became the second President of the United States.

What, indeed. Alabam—They tell me that up north the Yankees put signs on their cemeteries, "No autos allowed." Mississippi—Huh! Then tell me what they do when their engine dies on them?—Exchange.

A Ready-Cooked Food For Breakfast or Lunch Grape-Nuts

Crisp granules of wheat and malted barley "sweet as a nut" from special processing and long baking.

No need to sprinkle sugar on your cereal when you use Grape-Nuts

"There's a Reason"