

Worried Night after Night as health declined

"I SUFFERED frequently from nervous headaches, and I could not sleep well," says Mrs. Cora Dover, R. F. D. 2, Hickory Grove, S. C. "I was thin and pale. I was so weak I could scarcely walk. I tried several remedies which were suggested, but nothing seemed to help me. Night after night I worried because I could see I was going down-hill. I had my children to look after, and I was afraid of what would become of them if anything happened to me.

"I began to take Cardui on the recommendation of a friend. It wasn't long until I was beginning to pick up. My strength gradually began to return. I rested better at night and was less nervous. I took several bottles of Cardui, and when I had finished taking it I was in fine health."



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No less than five million modern mothers have come to depend on Castoria, for twenty-five million bottles were bought last year! Get yours today; don't wait for some night when it's needed, and the drugstore is closed!

Children Cry for **WITCHER'S CASTORIA**



When Food Sours

Lots of folks who think they have "indigestion" have only an acid condition which could be corrected in five or ten minutes. An effective anti-acid like Phillips Milk of Magnesia soon restores digestion to normal.

Phillips does away with all that sourness and gas right after meals. It prevents the distress so apt to occur two hours after eating. What a pleasant preparation to take! And how good it is for the system! Unlike a burning dose of soda—which is but temporary relief at best—Phillips Milk of Magnesia neutralizes many times its volume in acid.

Next time a hearty meal, or too rich a diet has brought on the least discomfort, try—

PHILLIPS Milk of Magnesia

Growing pines as a crop will create new wealth in the cut-over pine regions of eastern Carolina.

STUFFING FOR ROAST SHOULDER OF LAMB



Preparing Shoulder of Lamb for Stuffing.

(Prepared by the United States Department of Agriculture.)

The slight peppery flavor of watercress gives an unusually good flavor to stuffing for shoulder of lamb; or if you like mint with your lamb, you can try putting it into stuffing instead of sauce or jelly.

A shoulder of lamb has tender delicious meat, but ordinarily is rather hard to carve because of the shoulder blade and other bones. The butcher will remove these for you so that the meat may be cut very easily. The pocket left by taking out the shoulder blade can then be filled with any preferred stuffing.

Select a shoulder of lamb, weighing from 3 to 4 pounds. Have the butcher remove all the bones and the fell. Save the bones for making soup. A lamb shoulder may be stuffed and either left flat or rolled. The flat shoulder is easier to sew up than the rolled, and the pocket holds twice as much stuffing. Either of these completely boned stuffed shoulders can be carved straight through in attractive slices of part meat and part stuffing.

Wipe the meat with a damp cloth. Sprinkle the inside of the pocket with salt and pepper, pile in the hot stuffing lightly, and sew the edges together. Rub salt and pepper, and flour over the outside. If the shoulder has only

a very thin fat covering, lay several strips of bacon over the top. Place the roast on a rack in an open pan without water. Sear for 30 minutes in a hot oven (480 degrees Fahrenheit). If bacon is laid over the roast, shorten the time of searing so as to avoid overbrowning. Reduce the temperature of the oven to 300 degrees Fahrenheit, and cook the meat at this temperature until tender. From 2 1/2 to 3 hours will be required to cook a medium-sized stuffed shoulder at these oven temperatures. Serve hot, with brown gravy.

For mint or watercress stuffing you will need: 3 cupfuls fine dry bread-crumbs, 1/2 cupful fresh mint leaves or 1 1/2 cupfuls finely cut watercress leaves and stems, 6 tablespoonfuls butter, 3 tablespoonfuls chopped celery, 1 1/2 tablespoonfuls chopped onion, 3/4 teaspoonful salt, 1/4 teaspoonful pepper. Melt one-half the butter in a skillet and add the onion and celery. Cook for 2 minutes and add the mint leaves or the finely cut cress and other seasonings. Push the mixture to one side of the skillet and in the empty part melt the remaining butter and stir in the bread crumbs. When they have absorbed the butter, mix all the ingredients together. When using watercress allow the liquid which cooks out to evaporate before the buttered crumbs are added.

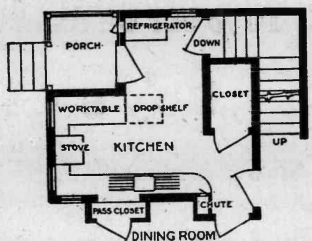
WORK CENTERS IN HANDY KITCHEN

Well Placed and Away from
Main Lines of Travel.

(Prepared by the United States Department of Agriculture.)

While the oblong-shaped kitchen is most often recommended for compactness and convenience, it is possible for a room of irregular shape to answer all the needs of the housewife in her kitchen if the work centers are well arranged in relation to each other. Here is a floor plan of a kitchen studied by the bureau of home economics of the United States Department of Agriculture. In spite of the fact that the wall space is broken by five doors—three are usual, and it is possible to get along with two—the work centers in this kitchen are well placed, away from the main lines of travel, and properly related to each other.

For example, food is delivered at the back porch door; stored on the



Well Arranged Kitchen of Irregular Shape.

drop shelf, to be placed in the refrigerator or closet; prepared at the work table; cooked at the stove, and served through the pass closet to the dining room. All the necessary platters and vegetable dishes are at hand in the cupboard above the sink, reached from both dining room and kitchen. When the meal is over, soiled dishes are cleared away by passing them through directly to the sink, where they are washed and stored in the dish cupboard.

There is a window at the end of the work table and two at the counter which continues into the sink drainboard. One of the doors in this kitchen leads to the cellar and laundry. Those to the closet, to the main hall and stairs, and to the dining room open onto what is virtually a small hallway and so do not in reality encroach on the kitchen space or the usual lines of travel from one task to another.

Neck of a Blouse.

To bind or face the neck of a blouse or dress quickly and neatly, cut a double bias binding of the material (thin silk is the best for heavy material). Place raw edges of binding to raw edge of neck and stitch. When the binding is turned you will fold it to the garment instead of an extra turn to be made. It will help to keep the binding true if it is basted before being cut.

PORK CHOPS WITH APPLES ARE GOOD

Excellent for Winter Dinner
Menu When Stuffed.

(Prepared by the United States Department of Agriculture.)

Delicious for a winter dinner menu are these stuffed pork chops, cooked and served with the apple that tradition seems to require with pork in any form. Buttered cabbage or Brussels sprouts would be a good choice of vegetable to accompany these chops, with something else a little crisp in texture, such as raw celery, or raw Jerusalem artichokes, sliced very thin, or a plain lettuce salad with French dressing, suggests the bureau of home economics.

6 rib pork chops, 2 tbs. minced onion
1 1/2 inches thick, 1/4 tsp. salt
2 cups fine bread 1/4 tsp. pepper
crumbs, 1/4 tsp. pepper
1/2 cup chopped celery, 1/4 tsp. savory
ery and tops, seasoning
1 tbs. chopped par- 3 large red apples
sley.
2 tbs. butter.

After the rib chops are cut 1 1/2 inches thick, have the butcher slit the meat portion in half, cutting from the outer rim of fat toward the bone, so that a layer of stuffing can be inserted. Be careful, however, not to cut so that the meat is separated from the bone. Or, if preferred, the pockets for stuffing the chops can easily be cut at home with a sharp knife.

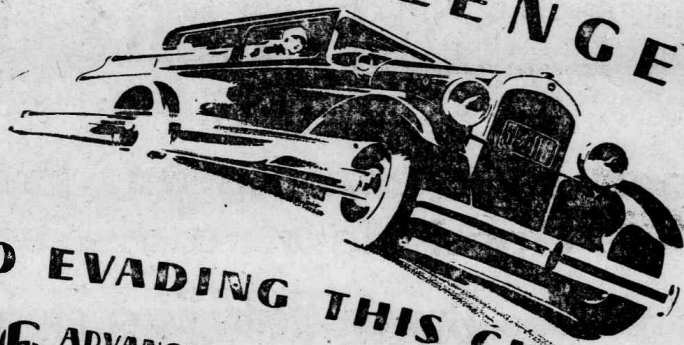
Make a stuffing of the bread crumbs, celery, and other ingredients listed, except the apples. Cook the celery, onion, and parsley in the butter for 5 minutes. Add the bread crumbs and seasoning, and stir until well mixed.

Sprinkle the chops lightly with salt, pepper, and flour. Have a heavy skillet very hot and sear the chops until lightly browned on both sides. Then fill each chop with the stuffing and insert toothpicks to hold the edges together. Put the chops on a rack in a baking dish or pan with cover. On the top of each chop place, skin side up, one-half of an apple which has been cored but not pared. Cover and bake in a moderate oven from 1/2 to 3/4 of an hour, or until the meat is tender. Lift out the chops from the pan onto a hot platter and remove the toothpick skewers. Be careful to keep the apples in place on top of the chops. Garnish with parsley and serve at once.

Celery Fritters.

Wash and scrape one bunch of celery, cut in inch pieces and cook for five minutes in boiling salted water. Drain and cool slightly. Mix and sift two-thirds cupful of flour with one-third teaspoonful of salt and a little pepper. Mix one well beaten egg with half a cupful of milk and stir into the dry ingredients. Beat until smooth, add the celery and drop from a teaspoon into deep fat that is hot enough to brown a cube of bread in one minute. Cook until golden brown, drain on soft paper and serve with tomato sauce.

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