ROANOKE RAPIDS HERALD, ROANOKE RAPIDS, N. C.

The KITCHEN

If our America is to become over

cold water and let stand un hour,

changing the water twice. Put them

Liver .- Parboll one pound of heef

liver five minutes. Drain. Remove

the skin and veins, then brown in a

little hot fat, chop, add a fourth of a

tenspoonful of mustard, a tenspoonful

used in various ways,

Calomel Today! Sick Tomorrow! I Guarantee Dodson's Liver Tone

Don't take nasty, dangerous calomel when bilious, constipated, headachy. Listen to me!

Colomel makes you sick; you lose a | few cents under my personal guaranany's work. Calomel is quicksilver tee that it will clean your sluggish and it salivates; calomel injures your liver better than masty calomel; it liver. won't make you sick and you can ent

If you are billions, feel lazy, slug- anything you want without being saligish and all knocked out, if your bow-els are constipated and your head each speenful will start your liver. stomach is sour, just take a clean your bowels and straighten you spoonful of harmless Dodson's Liver up by morning or you get your money Tone instead of using sickening, sall-back. Children gladly take Dodson's vating calomel. Dodson's Liver Tone Liver Tone because it is pleasant tastis real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be work-ing, your hendache and dizziness gone, your stomach will be sweet and how-

els regular. You will feel like work- have found that this pleasant, vegeing. You'll be cheerful; full of vigor table liver medicine takes the place of dangerous enhancel. Buy one bottle on and ambitton.

Your druggist or dealer sells you a my sound, reliable guarantee. Ask sottle of Dodson's Liver Tone for a your druggist about me.-Adv.



Spring Run of Distemper

Newlywed-1 met Bob Splikins to-Wife-Bob Splikins! 1 told you to cut Bob Spilkins.

Newlywed-I shall hereafter. He's auch a brainless donkey.



ON GUARD

At this time of the year people feel "Why, 1 ate with that one," was weak, tired, listless, their blood is thin, the reassuring reply of Jimmy, "and they have lived indoors and perhaps kept the other in my pocket."-Philenergy and they want to know how to renew their energy and standing, overcome headaches and backaches, have clear eyes, a smooth, ruddy skin, and feel the exhibitantion of real good health tingling thru their bedy. Good, pure, rich, red blood is the best insurance against ills of all kinds. Almost all diseases come from impure and impov-erished blood. It is to be noticed in the

pale or pimply face, the tired, haggard appearance or the listless manner. Drink hot water a half hour before meals, and for a vegetable tonic there's nothing better than Dr. Pierce's Goiden Medical Discovery, the old-fashioned herbal remedy, which has had such a herbal remedy, which has not it con-fine reputation for fifty years. It conroot, Oregon grape root, Queen's root, Black Cherry bark, extracted with gly-cerine and made into tablets and liquid. Tablets sixty cents, at most drug stores. In order to insure pure blood and to build up the system try this tonic known as Dr. Pierce's Golden Medical Discovery. .Get it now! made from Golden Senl root, Blood-



greater and better her citizens must be legal develoitig faithful, it every re-lation of life.-W J Hubbles GOOD WARTIME DISHES. Conducted by National Courses, Scouts of America.) cil of the Bar

WHAT DO BOY SCOUTS DO?

Some people have been heard to ask, What are the scouts for-just camping and outdoor fun?" The following is not unusual; its just what the scouts In one place, Los Angeles, have done

erty loan bonds and \$3331850 of the second. Distributed 30,000 pieces of Liberty bond literature. Sold \$2,300 worth of Red Cross Christmas seals, and distributed circulars for the Red Cross, asking for French text books

Distributed Heaver food pledge cards in the residence districts and put up 200 Houver food conservation posters. Put up 200 Marine Corps recruiting posters and 200 may posters. Collected thousands of magazines to be sent to the soldiers, under the anspices of the National Collegiate Periodical

Longue. ducting "Walk-Rite" campaign. Furnished baskets of food for hungry families at Christmas time. Served as

ture for local film company.

ing that when one was doing his best mittee in other ways. it was all that could be expected of him, and contributed the following story us an illustration : One afternoon little Jimmy was invited to take ten with a chum, and

when he returned home he found his mother anxiously waiting for him. "I hope, Jimmy," said the mother, after listening to sumily details of the affair, "that you remembered to wash your hands before you went to

"We were called in so quickly," answered Jimmy, "that I didn't have tion time. time to wash but one."

"Wash but one?" excludined his mother, with much concern. "What did you do?"

astelplin Telegraph. COULD HARDLY

GET HER BREATH

On Account of Tight, Smothering Feeling, Caused From Aching Lump in Stomach. Black-**Draught Relieved This** Lady.

of suit, a few dashes of pepper a fourth of a tenspoonful of worcestershire sauce and thicken with a tenspoonful each of butter and flour. Add a hard cooked egg and a tenspoonful of lemon juice. Serve on corn dodgers. Corn Dodgers-Boll together one cupful of milk and water, add a cupful of comment and cook five minutes. Add two well-beaten eggs, two

to save.

tenspoonfuls of salt and a tablespoonful of fat. Beat thoroughly and lake in a well-greased pan twenty-five minutes in a hot oven. Serve from the dish with a spoon. Brown Stew .- This is a good dish

to make a little ment go a long way. Cut a pound of the neck of a beef in Inch cubes, senson, dredge with flour. brown in fat, then add potato water to cover. When it buils up set it back and let it simmer slowly for three hours. Three-quarters of an hour before the end of the cooking, add carrots and turnips cut in cubes; a half hour before serving add potatoes. Three-fourths or a cupful of each vegetable will be a good proportion.

Don't you wish that you might see Spring peep out bohind each tree? Don't you wish that you might hear All the brocklets shouting clear?

GOOD THINGS WITH BARLEY FLOUR.

In many of the darker cakes, using spices, molasses and chocolate, barley

flour may be used exclusively in parts of the wheat flour Sponge Barley Flour Cake,—Beat four egg yolks very light, add one cup ful of sugar, bent-

THINKING MORE ABOUT DEATH War's Effect on the Minds of English-

men Is Declared to Have Been Extraordinary.

in England the effect of religious thought of three years and a half of our has been extraordinary. The revival of religious ferver, in many instances the direct result of personal loss by death or fear of impending We cannot say that we are doing loss, has reflected itself in English our part in food saving and serving literature.

unless we muste abso-The most astanishing of all recent lutely nothing. Not a conversions is that of H. G. Wells, crumb of brend should hard-bended and yet tender-hearted he wasted. The crumbs Socialist, who now writes of religion that fall from the bread as if it were a discovery of his own, bourd in cutting brend Another writer who has been led will amount to at least a tenspoonful from a few slices. Put then in slices. Put them in book, "Raymond," dealing with the chopped ment, in pud- communications said to have been redings, in gravies for celved from his sen, is one of the thickening instead of phenomena of present-day literature. wheat flour. Any number of uses The war is making the world think will occur to the evok who is trying intentiy about death and what comes ofter and, in consequence, is urging Veal Sweetbreads - Sweetbreads them to establish a closer relation deron as possible. Plunge them into

spot quickly and should be used as ing life with the eternal.-Exchange, A CHILD DOESN'T

LAUGH AND PLAY

AND STOMACH SOUR?

ACH, LIVER, BOWELS.



It's Poor Economy to **Endure a Bad Back**

IN these days of rising prices, we need every ounce of strength and the ability to do a full day's work every day. The man or woman with weak kidneys is half crippled. Sore, aching kidneys; lame, stiff back, headache, dizzy spells and a dull, tired feeling and urinary disorders are daily sources of distress. You can't afford to neglect kidney weakness and make it easy for gravel, dropsy or Bright's disease to take you. Get a box of Doan's Kidney Fills today. They have helped thousands. They should help you. They should help you.

Personal Reports of Real Cases

A SOUTH CAROLINA CASE. A NORTH CAROLINA CASE. Mrs. A. T. Hullard, 184 Rober L. Bonnettsville, S. C., says A. T. Weisster, Poplar St., Gra-ham, N. C., says: "I suffered mverely from pains across the small of my back. My kidneys suffered three years from kidney trouble and the medicine I took didn't seem to help me. The pains in my back were so had at times. I felt as if my back were broken, My nerves were a wreek and the pains shot up from my back into my head. I had dinny spells and my head. I had dinny spells and nor hody swelled. A friend rec-ommended Doan's Kidney Julia and after I used the first how the swellings and pains were related. suffered three years from kids were sore and at times the sect tions were unnatural and gave me no end of trouble. Soon after I began using Doan's Kidney Fills I got better and I had but little **IF CONSTIPATED** pain in my back since. The kid-ney secretions were cleared up, too." LOOK, MOTHER! IS TONGUE COATED, BREATH FEVERISH Seven years later Mr. Webster swellings and pains were relieved. Three boxes completely cured nie and I have had no sign of kidney complaint since." said: "Whenever I have the least need of a kidney medicine I take a few dones of Donn's and CALIFORNIA SYRUP OF FIGS they glways give me fine results. CAN'T HARM TENDER STOM. C KIDNEY PILLS 60c a Box At All Stores. Foster-Milburn Co., Buffalo, N. Y., Chemiata SOLD FOR 50 YEARS. FOR MALARIA, CHILLS and FEVER. ALSO A FINE GENERAL STRENGTHER A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their powels, which become clogged up with **IS A CRIME AGAINST NATURE** waste, liver gets sluggish, stomach Stop it or you never can keep well. If you wake with a had taste in the mouth, costed tongue, perhaps headache, your liver is torpid. A torpid liver deranges the whole system, produces dyapepsia, costiveness and ples. There is no better remedy for these disorders than DR. TUTT'S LIVER PILLS. Try them just once and be eternally convinced. For sale by all druggists. Look at the tongue, mother! If conted, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's nil-**Dr. Tutt's Liver Pills** ment, give a tenspoonful of "Callfornia Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fer-Sounded Like That. One-Sided View. menting waste will gently move out of The nurse in a well-to-do family "What sort of a man is Green?" "Fine. The best ever." overheard the dittle sen of the house telling his sister how he had hid be-"Is he trustworthy?" hind the perticre and spied on big sis-"Y125" "Would you lend money to him?" ter and her beau. "As to that I can't say. I've only "Oh, tell me what they did," cried little sister. horrowed from him? Ask your druggist for a bottle of "Cal-ifornia Syrup of Figs," which has "It was such fun," chuckled the boy, Kicking a man after he is down in "The big chump flopped down on his knees and then he said : 'Answer me, one way of making him get up-but R Clara. I can stand this expense no isn't niways safe to do it. longer."-Hoston Transcript,



to be used in army camps.

to cook in slightly salted acidulated water, boiling bot, Cook for thirty minutes rather showly. Ivenia, plungeinto cold water which keeps them white and firm. Now they may be

Assisted police department by con-"guard of honor" to Belgian mission. Assisted in production of patriotic ple-

Built Liberty bonfire for Woman's

Liberty loan committee and furnished demonstration before 110,000 people. Assisted in parade, gave demonstration, and assisted in serving harbecue to the Liberty boys for celebration by chamber of commerce. Furnished programs and assisted the Yuletide com-

Furnished exhibition at Fourth of July celebration. Canvassed office buildings and assisted salvage department of the Red Cross. Acted as messengers at Red Cross chapter house, Planted forty acres of "home gar-

dens." Acted as "Little Brothers" for soldiers and sailors, writing them letters and keeping them posted on conditions in their homes. Ass3sted during "Kindness to Animals" week, Gave flag program for Ebell club. Assisted city and county clerks at elec-

Gave scout play, "A Streauous Afternoon," and assisted with one other

program for the entertainment of childron. Administered "first aid" during parades and for numerous cases of ac eldent throughout the city. Over 1,000 scouts given training at the boy scout week end camp near Hollywood : 275 scouts at vacation scout training camps

tions and exhibitions.

zens, are they not?

An event of unique interest was the taking of the oath of the Boy Scouts of

America by Mayor Hunter, of Terre Haute, Ind., as part of his inauguration ceremony. It is undoubtedly the Arst time this has been done in the

Boy scout training as a program of

education was given impetus at a re-

cent meeting of the Boston School

Judge Sullivan spoke of boy scout

scout movement, he urged, was show-

Superintendent Dyer advocated the

boy scout program as a complement

to the program of the public school,

because through it character is devel-

only to the advantage of the boys but

to the advantage of the whole com-

Dean Russel described the boy scout

movement as 'an agency well-nigh

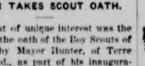
The Boston school committee passed

oped and leisure time employed, not

Masters' association.

in the mountains and at Catalina Island. Assisted churches, clubs and other organizations with demonstra-

Quite active and helpful young citi-MAYOR TAKES SCOUT OATH.



during the past year: Sold \$65,000 worth of the first Lib-

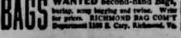


Give us a trial liefer WOODSON-CRAIG CO. ND. VA



for Old False Teeth Don't master if broken

nd-hand Bags,



Jenkins, of this town, snys: "For bistory of sconting in she United This will mean more than a more formed in my stomach and I could curious distinction for Terre Haute.

hardly get my breath for the tight It is a part of the heralding to the smothering feeling. This lump, or whole land that Terre Haute has shakcouldn't sleep at night. I had no appen nized, and the fact that the incoming tite and I began failing off. I am nat-

Kings Mountain, Ky.-Mrs. Belle

mayor of Terre Haute has pledged urally a large woman but just weighed himself officially to these principles not stand it any longer. I knew in my what is to be expected of Terre Haute condition I could not live long. from now on. As soon as the applause subsided, a We had one doctor, he said 'indigen-

scout stepped forward and presented tion.' I took medicine from him, but Mayor Hunter with a reproduction of It did not seem to help me any. We the McKenzle statue of a boy scout had another doctor. He said it was as a reminder that the boy scouts of 'neuralgia of the stomach.' I took his Terre Haute were always rendy medicine, still there was that aching the mayor's service in his efforts for lump. Finally the doctor decided it is new and better Terre Baute.

might be a decayed tooth, and advised the to have my teeth drawn, which 1 SCOUTING IN PUBLIC SCHOOLS. did. I didn't get any better.

One night my husband brought home a sample of Black-Draught, I had been unusually restless. I took the sample next morning. I told him I believed I felt beiter. He brought home a pack- training as a civic asset. The boy ege, and two packages cured me and 1 fully believe saved my life. I weigh ing grown-ups what real civic train-183 lbs, and am the picture of health." ing should be.

Your druggist sells Elack-Draught. Try It.-Adv.

Reasonable Inquiry ..

"I should like a porterhouse steak with mushrooms," said the stranger, "some delicately browned teast with plenty of butter-"Scuse me, suh," interrupted the

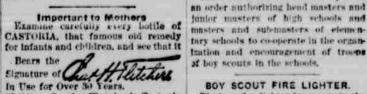
walter. "Is you tryin' to give an order or is you jes' reminiscin' 'bout old times ?"

is the key to the situation."

if his income exceeds his wants.

butes of patriotism.

day."



tary schools to co-operate in the organ-Ization and encouragement of troops of boy scouts in the schools, BOY SCOUT FIRE LIGHTER.

pedagogically perfect."

munity

Children Cry for Fletcher's Castoria The best fire lighter for scouts in the woods, says "Pine Tree" James A. Wil-

Her Choice.

An Audacious Guest. der, is a pry-can full of sifted ashes "The lions never touched Daniel sonked with kerosene. A tenspoonful of these ashes vill burn for fully when he was thrown into their den." "Maybe," ventured the painfully thirty minutes and ignite the wettest precocious child, "it was meatless wood, even large word,

'Kind words are more than cor The Sole Recourse.

"I wish they could find a remedy for onets." this deadlock." "The only one to suit "Give me the coropet and the other girls can make as many unkind remarks as they like."-Louisville Courler-Journal.

To Drive Out Maturis and Build Up The System This the Old Standard Olivi P.S. TANTHLESS chill TUNC. Tou know what you are taking as the formula is printed on every taking, showing it is youmos and from in a Tasteless form. So: Explained. "Why is that house next the corner one always empty? Has it the repp-It's less credit to a man to be go tation of being haunted?"

"No, but the man who fives in the corner one gives lessons on the cor-Self-denial is also one of the attri-

ng it in gradually then add a tablespoonful of hot water, a cupful of bar-

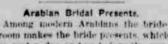
ley flour mixed and sifted with one and a half tenspoonfuls of baking powder, a fourth of a tenspoonful of salt and a tenspoonful of lemon luice. en off its old mantle. The principles Fold in the egg whites, penten stiff, and bake in a slow oven 13 minutes. Plain Barley Cake.- Sitt one and half tenspoonfuls of baking powder with two cupfuls of flour, a pinch of 135 ths. I got so nervous I felt I could speaks significantly to the world of sait. Cream a fourth of a cupful of fat. add three-fourths of a cupful of corp.

sirup, a beaten egg, two-thirds of a cupful of milk added alternately with the flour and well beaten. Add a cunful or less of raisins well floured and stirred into the cake. Pour into a shellow pan and bake 20 minutes

Barley and Oatmeal Drop Cakes .--Take a cupful of heriey flour, one and a fourth emofuls of rolled outs that have been well parched and put through the ment grinder, a half a cupful of fat, one-fourth of a cupful of brown sugar, the same of corn sirup, one egg. three tablespoonfuls of water, two tenspoonfuls of baking pewder, with a tenspoonful of salt mixed with the flour, and lastly a half-cupful of nots.

Barley Cakes .-. Take two cupfuls of barley flour, three tenspoonfuls of bak ing powder, a half tenspoonful of sait. slifted together. Creata a fourth of a cupful of fat with three-fourths of a conful of sugar, add a half cupful of talls and three-fourths of a cupful of nut ments. Drop on well-grensed pans. and bake in a moderate oven.

Barley Pie Crust .- I'repare the pastry just as usual, using barley flour instead of wheat. It will be a little harder to handle but will be tender and finky. A most dainty ple can be mede of custure, using three or four marshmallows to sweeten, and two of three tenspoonfuls of recount stirred into the meringue instead of the sugar, which does nway with using su



necie Maxmel

groom makes the bride presents, which are sent a day or two before the auptlals. As soon as the bride reaches the bridegroom's house she makes him presents of household furniture, a spenr and a tent.

New Idea in Shaping Glass Tubes.

A reported German method of shaping glass tubes consists in placing a core of the desired form and size in a somewhat larger giass tube, exhausting the air from the tube and scaling it, and then rotating while kept hot until the outside air pressure fits the glass closely about the core.

Congress, for Example. A man and his money are soon part-

ed, according to the law and the prophets. But not half so soon as a and somebody else's money.

full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."-Adv.

Too Late.

"Hello! Is this Senator Blanks?"

"Yes. What do you want?"

"I want to be appointed postmaster of Breezeville."

"Who are you?"

"I am the son of the present incumbent. Father is very ill, and the doctor says that he cannot last another day. As no one obse outside the family is aware of the seriousness of his illness I thought I would call you up to make sure that I was the first-" "Tin sorry, but some one has anticimited you.

"What! Who was It?" "The doctor "-Judge.

Cuticura Heals Eczema

And rushes that itch and burn. If there is a tendency to pimples, etc., prevent their return by making Cuilcura your daily tollet preparation. For free samples address, "Cuticura, Dept X. Boston." At druggists and by mail. Sonp 25, Ointment 25 and 50,-Adv.

Nothing Even Midway.

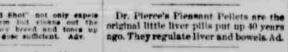
Jetter-"He's muny nhead of his time with his idens." Ketter-"Yes, and away behind times with paying his hills."

Cruci Comment.

"My wife was stung on that last ben-net she got," "No wonder; she's niways got a bee in it." Too many people have this rule of "Work not lest ye be an engagement ring it is equal to a conduct : worked."

declaration of war. Dr. Peery's "Dead Shot" not only expete Worms or Tapeworm but closits out the mucus in which they beeed and tones up the signation. One cose sufficient. Adv.

Excessive politeness is seldom on



body and the Bloat goes with it.

or Quickly-Indigestion, Bearthurn, Sour Stomach, etc.

Get EATONIC from your Druggist with the DOUBLE GUARANTEE Bod for its "Bod, Aldres Barry Ga, Stips 5. When Arman, Gings, IL

speaking terms with truth. to those who expect the worst.

