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**ECHOL'S**  
Piedmont Concentrated Iron and Alum Water  
cures Indigestion, Rheumatism, Cataract, Female Complaints, Kidney and Bladder Troubles, Stomach and Bowel Disorders, Nervousness, Malaria, Sciatica and other Blood and Skin Diseases.

It is not a patent medicine, but a natural product containing nearly every mineral found in a healthy human body. When those minerals escape from the system, sickness is the result, and there is nothing known to science which replaces them so quickly as our Mineral Water Remedy.

If we can't give you value received for your money, we will refund it. You have all to gain and nothing to lose. Physicians all over this country prescribe it, and you find people everywhere who have been cured with it.

For sale by  
**S. R. BIGGS**  
and all good druggists.  
8 oz. bottles 50c.; 18 oz. bottles \$1.  
J. M. ECHOLS CO.,  
Lynchburg, Virginia.

Mrs. CECILIA STOWE,  
Grove, Hovey Woods Club.

190 Wren Avenue,  
OAKLAND, CAL., Oct. 22, 1905.

For nearly four years I suffered from ovarian trouble. The doctor advised an operation as the only way to get well; I, however, strongly objected to an operation. My husband felt disheartened as well as I, for home with a sick woman is a disagreeable place at best. A friendly druggist advised him to get a bottle of Wine of Quince for me to try, and he did so. It began to improve in a few days and my recovery was very rapid. Within eight weeks I was another being.

Cecilia Stowe.

Mrs. Stowe's letter shows every woman how a home is saddened by female weakness and how completely Wine of Quince cures such sickness and brings health and happiness again. Do not go on suffering. Go to your druggist today and secure a \$1.00 bottle of Wine of Quince.

WINE OF QUINCE

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Pleasant to the taste and good alike for Young and Old.

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**Free From Poison**  
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Quite Pleasant to Take  
Children Fond of it

**Price, 50 Cents**

PREPARED BY

**S. R. BIGGS**  
WILLIAMSTON, N. C.

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Doctors find  
A good prescription  
For mankind

One-cent product is enough for usual occasions & the family bottle (50 cents) contains a supply for a year. All drugstores sell them.



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Correct Silverware designs and manufacture is an important factor in the success of any business. If you don't have everything in good and proper condition, call on us. We will furnish you with the best designs and materials.

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Silverware,  
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—Subscribe now to your county paper. We will send The Enterprise from now until January 1st, 1905, to every one sending us 35 cents.

## SUMMER DRINKS.

**How to Make Some Healthful and Refreshing Beverages.**

Alcoholic drinks should be avoided at all times, but especially in the summer, and ice water is almost an insipid. Lemon juice in water is healthful and refreshing, but for those who want something more tasty the following are recommended by a writer in *What to Eat*:

**Raspberry Cup.**—Mash a quart each of raspberries and currants with a wooden spoon. Add one pound of sugar and a quart of water. Bring slowly to the boiling point and allow to boil for ten minutes. Strain through a jelly bag, allow to cool, chill on ice and serve. Add more sugar if not sweet enough.

**Fruit Beverage.**—Peel the yellow rind of twelve lemons very thin, squeeze the juice over the peel and allow to stand for two hours. Mash one quart of ripe raspberries with a half pound of sugar; pare a ripe pineapple, slice and chop very fine and mix with another half pound of sugar. Let stand for several hours. Then strain the lemon juice and mash the raspberries through a coarse sieve, then the pineapple and mix all together, adding three quarts of cold water. Stir until the sugar is entirely dissolved, then strain, chill and serve in glasses with a slice of pineapple, one of lemon and a few raspberries in each.

**Fruit Cup.**—Mix together the juice of half a lemon, one tablespoonful each of lime and pineapple juice, four ounces of sugar and two ounces of shaved ice. Fill up the glass with rich milk, shake until foamy and drink at once.

**Pineapple Nectar.**—Pare and eye a fine, ripe pineapple and grate on a coarse grater. Add to each pint of pulp half a pint of water. Press through a sieve, and add to every quart a pound of sugar boiled to a syrup with one cupful of water. Cool, add the whipped white of an egg, beat thoroughly for a few minutes and place on ice until time to serve.

**Black Currant Cup.**—To one quart of weak green tea add one cupful of black currant juice. Sweeten to taste and chill thoroughly before serving.

**Grape Sharb.**—Crush the grapes, put them in a stone jar and cover with good old vinegar. Then cover the jar tightly. Press and stir the grapes frequently, allowing them to stand for three days. Then strain two or three times through a lined cheesecloth, and to every three quarts of juice add five pounds of sugar. Stir until the sugar is all dissolved, let come to a boil, strain carefully and bottle while hot.

**Pineapple Lemonade.**—Pare, eye and core a large ripe pineapple and add the strained juice of four lemons and a stirring made of boiling together for five minutes four cupfuls of sugar and two cupfuls of water. When cold add one quart of water; strain and ice.

**How to Make Shrub.**

"Fill small numbered half pint bottles to within one and one-half inches of the top with milk; cork, with aluminum cotton. Stand in a cluster of cold water, having water covered bottles to three-fourths their height. Allow water to heat gradually until nearly to the boiling point and keep at this temperature for ten minutes. When used for infants, allow from a teaspoonful to a tablespoonful of Honeywater for each bottle of milk."

**How to Treat Severe Wounds.**

Every little while we read in the paper that some one has run a rusty nail in his hand or foot or other portion of his body and lockjaw resulted therefrom and that the patient died. If every person was aware of a perfect remedy for such wounds and would apply it, then such reports would cease, says the Granite (Ore.) Gem. The remedy is simple, always at hand, can be applied by any one—what is better, is infallible. It is simply to smoke the wound, or any wound that is bruised or inflamed, with a woolen cloth. Twenty minutes in the smoke will take the pain out of the worst case of inflammation arising from such a wound. People may sneer at this remedy as much as they please, but when they are afflicted with such wounds let them try it.

**How to Clean White Ribbon.**

There is only one right way to do up white ribbon which have become soiled. Lay the ribbon on a table and scrub it, using water and a brush with stiff bristles. When clean rinse it under the spigot, squeezing out the water between the fingers without creasing the material and hang it over a line. When it is dry the ribbon will be free from wrinkles, fresh and new looking.

**How to Whiten the Skin.**

Do this if you want to look specially nice for any occasion. After washing neck, arms and shoulders sponge lightly with equal parts of glycerine and rosewater. Powder thickly without drying the skin. Leave for at least a quarter of an hour; then with your fingers rub the powder into the skin until it has entirely disappeared. It improves the appearance of the skin in a wonderful way. But remember, the powder must be washed off with warm soap and water before you go to bed, or a soap of plumpines may result.

**How to Make White Soap.**

Wet six ounces of granulated sugar with four teaspoonfuls of water and six drops of essence of wintergreen. Put into a granite mortar and crush after stirring for a minute. As soon as it begins to boil take from the fire and pour by the spoonful upon buttered paper.

**How to Clean Menstruation Tablets.**

We clean every menstruation tablet, rub briskly with a small piece of slightly dampened newspaper. This will give a good clean.

**How to Make a Womanship Medicine.**

For nut and potato croquettes, chop sufficient black walnut meats to measure one cupful. Mix them with one cupful of mashed and mashed potato and one cupful of soft bread-crumbs. Mix in two well beaten eggs. Add a high seasoning of salt, pepper and onion juice, a few drops of lemon juice and three-tablespoonfuls of beef stock. When cold mold into croquettes, dip each into beaten egg, roll in the crumbs and dry in deep cooking fat.

## REMOVAL OF STAINS.

**How to Make Washable Soaps on Garments.**

Buttermilk, or "lipped" milk, is often used today for removing ordinary fruit or red wine stains, leaving the fabric in soak for several hours, then washing in lukewarm water, says the Kansas City Star.

Nearly all fruit stains will disappear if boiling hot soft water is poured through them. Spread the stained garment tightly over the top of a pan or tub and pour the water from the bottom directly through.

For wash stains a short list of stains, with their "antidotes," runs as follows:

For fresh tea stains, cold water and soap. If old and obstinate, soak first in cold water, squeeze dry, rub with simple soap and lukewarm water. Fresh coffee stains will come out with cold water. Old ones that have been boiled in need the same treatment as old tea stains, followed by a good bleaching on the grass.

Tar or fresh paint will yield to benzene, or the article may be coated in buttermilk, then rinsed in soap water. For paint on colored cottons rub kitchen soap thoroughly on the spot, then soak in cold water overnight, when the paint will pull off, leaving no stain or injury to the fabric.

For wine stains try sprinkling thickly with salt, then pouring hot water through the fabric. If the wine is strong, a safety match burned under it, taking pains not to touch the goods, will usually be efficacious. German housewives have little blue sulphur sticks which they keep on purpose for such stains. A butcher's rule for removing wine stains from table linens is to cover or red wine stains with white wine, and vice versa.

An iodine stain will come out if the fabric is soaked in sweet milk, with occasional rubbing of the spot.

For blood stains nothing is better than cold soap to which lacquer has been added. Machine oil or vaseline comes out easily when washed with soap and cold water.

For chocolate or cocoa stains soap thickly and rinse in warm water. To remove soap, dip in crepe and spread in the hot sunshines. It may take days, but it will yield at last. For orange stains, soap and rub the spot in a mixture of water and cream of tartar. Alcohol or turpentine is also well to eliminate.

**How to Bleach Linen.**

If you happen to break a glass or valuable glass ornament it can be effectively and easily mended in the following way: Melt a little tinplate in spirits of wine, add a small quantity of water. Warm the mixture gently over a moderate fire. When mixed by thorough melting, it will form a perfectly transparent glass which will take glass as nicely and firmly that the joint will scarcely be noticed by the most critical eye.

**How to Treat the Arthritis.**

The question has often been asked, "Can the arthritis be transplanted?" And we answer, "Yes, it can," says the National Magazine. "If you have an old pine stump in your yard, so much the better; but, if not, in the fall find some isolated root and dig a large circle about it. Disturb it as little as possible the roots in the lifting, and set out in some shaded northern exposure, or, better still, if you have it, on some southern bank, where it will get the morning sun and the warmth but not direct glare of the afternoon sun, and, my word for it, if you have been very careful in the lifting you will be gratified next spring with the dainty little beauties in your own yard.

**How to Make a Jelly Strainer.**

For a homemade jelly strainer place a chair, legs uppermost, on a stool, table or another chair. Put the basin on it and tie a clean tea cloth to the legs (one corner to each leg). So that the cloth droops a little in the center. Pour the jelly into the cloth and let it trickle through. If not clear at first, repeat.

**How to Make Pork Cake.**

Cut all the rind and lean part from salt pork. Of the fat part chop a pound so fine that it is like lard or as nearly like as it can be made. Into this stir a cup of boiling water, two cups of dark brown sugar, a cup of dark molasses into which a teaspoonful of baking soda has been stirred, a pound each of raisins and dates chopped, a quarter pound of citron shaved fine. Stir in enough sifted flour to make it of the consistency of ordinary cake batter, season with a teaspoonful each of cinnamon, cloves, allspice and nutmeg. Bake in a loaf tin in a steady oven.

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This is only one right way to do up white ribbon which have become soiled. Lay the ribbon on a table and scrub it, using water and a brush with stiff bristles. When clean rinse it under the spigot, squeezing out the water between the fingers without creasing the material and hang it over a line. When it is dry the ribbon will be free from wrinkles, fresh and new looking.

**How to Whiten the Skin.**

Are caused by indigestion. If you eat a little too much, or if you are subject to attacks of indigestion the stomach expands—swells, and puffs up against the heart. This crowds the heart and shortens the breath. Rapid heart beats and heart disease is the fatal result. Kodol Dyspepsia Cure digests what you eat, takes the strain off the heart, cures indigestion, dyspepsia, sour stomach, and contributes nourishment, strength and health to every organ of the body. Sold by Anderson, Crawford & Co.

**Weak Heart.**

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**How to Make a Soap.**

For soap and perfume croquettes, chop sufficient black walnut meats to measure one cupful. Mix them with one cupful of mashed and mashed potato and one cupful of soft bread-crumbs. Mix in two well beaten eggs. Add a high seasoning of salt, pepper and onion juice, a few drops of lemon juice and three-tablespoonfuls of beef stock. When cold mold into croquettes, dip each into beaten egg, roll in the crumbs and dry in deep cooking fat.

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