

# NOVAFAX

"TO MAKE NEW"

A new imported German Scientific discovery. A food tonic comprising pure beer yeast and other valuable ingredients compounded in powder form. No more yeast cakes. No more tablets. Tasteless and odorless. A pure, wholesome food for building up your vitality and preventing disease. Add NOVAFAX to your regular diet and obtain a strong, healthy, vigorous body. Complies with the requirements of the U. S. Pure Food and Drug Laws. A proven success in cases of lowered vitality, indigestion, constipation, malnutrition and various skin affections. Enclose One Dollar bill for large 4-oz. package. Satisfaction guaranteed or money refunded.

THE NOVAFAX COMPANY IMPORTERS  
Dept. 463, 220 No. State St., Chicago.

## SPOHN'S DISTEMPER COMPOUND

A safe, dependable and effective remedy for Coughs, Colds, Distemper, Influenza, Heaves and Worms among horses and mules. Absolutely harmless, and as safe for colts as it is for stallions, mares or geldings. Give "Spohn's" occasionally as a preventive. Sold at all drug stores.

SPOHN MEDICAL CO. GOSHEN, IND. U.S.A.

## Vaseline CARBOLATED PETROLEUM JELLY

No skin break too small for notice.

Be very wary of cuts, scratches and skin abrasions, no matter how slight. "Vaseline" Carbolated Petroleum Jelly—applied at once—lessens the possibility of infection.

It comes in bottles—at all druggists and general stores.

CHESEBROUGH MFG. COMPANY (Consolidated) State St. New York

Every "Vaseline" product is recommended everywhere because of its absolute purity and effectiveness.



# WATCH THE BIG 4

Stomach-Kidneys-Heart-Liver

Keep the vital organs healthy by regularly taking the world's standard remedy for kidney, liver, bladder and uric acid troubles—

## LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The National Remedy of Holland for centuries. At all druggists in three sizes. Guaranteed as represented.

Look for the name Gold Medal on every box and accept no imitation

## PARKER'S HAIR BALSAM

Removes Dandruff, Stops Hair Falling, Restores Color and Beauty to Gray and Faded Hair. 60c and \$1.00 at Druggists. Hirsch Chemical Works, Paterson, N. J.

Received by School Teachers.

"Please excuse Mary for being jumpy. She's just got better of St. Fido's dance."

"Please excuse Willie for going home at recess. He got a pain in the boy's basement and couldn't get up the stairs."—Boston Transcript.

## "COLD IN THE HEAD"

is an acute attack of Nasal Catarrh. Those subject to frequent "colds" are generally in a "run down" condition.

HALL'S CATARRH MEDICINE is a Treatment consisting of an Ointment, to be used locally, and a Tonic, which acts quickly through the Blood on the Mucous Surfaces, building up the System, and making you less liable to "colds."

Sold by druggists for over 40 Years. F. J. Cheney & Co., Toledo, O.

Population and Square Miles.

There would be about nine people to the square mile if the entire population of the world were distributed equally over the earth's total surface area of about 197,000,000 square miles.

To Have a Clear, Sweet Skin

Touch pimples, redness, roughness or itching, if any, with Cuticura Ointment, then bathe with Cuticura Soap and hot water. Rinse, dry gently and dust on a little Cuticura Talcum to leave a fascinating fragrance on skin. Everywhere 25c each.—Advertisement.

Getting Back.

"That musician said that the tune haunted him." "Why shouldn't it? He murdered it."—Jack-o-Lantern.

Possible Reason.

"Why does the boss get down so early in the morning?" "I think he enjoys seeing us come in late."

## CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of *Charles H. Fletcher*

WRITE FOR OUR LOWEST PRICES on genuine Catawba County grown cowpeas, soy beans, peanuts, etc., from the South.

CATAWBA SEED STORE, HICKORY, N. C.

# OUR COMIC SECTION

## Our Pet Peeve



## Guilty Conscience We Guess



## Harold Used It Too Strong



Serve Raisin Food—Raisin Week—April 23 to 29



## Have You Tried Them from your modern bakers' ovens?

—These big, brown loaves of "old-fashioned" full-fruited raisin bread?

Note the raisin flavor that permeates these loaves.

Count the big, plump, tender, juicy raisins in each slice.

It's real raisin bread—the kind you're looking for.

Ready-baked to save baking at home! Delicious and convenient — and economical in cost.

We've arranged with bakers in almost every town and city to bake this full-fruited raisin bread.

Order from your grocer or a neighborhood bake shop.

Say you want the bread that's made with Sun-Maid Raisins.

Good raisin bread is a rare combination of the benefits of nutritious cereal and fruit—both good and good for you, so serve it at least twice a week.

Use more raisins in your cakes, puddings, etc.

You may be offered other brands that you know less well than Sun-Maid's, but the kind you want is the kind you know is good. Insist, therefore, on Sun-Maid brand. They cost no more than ordinary raisins.

Mail coupon for free book of tested Sun-Maid recipes.

## SUN-MAID RAISINS

The Supreme Bread Raisin

Sun-Maid Raisins are grown and packed in California by Sun-Maid Raisin Growers, a co-operative organization comprising 14,000 grower members.



CUT THIS OUT AND SEND IT

Sun-Maid Raisin Growers, Fresno, California

Please send me copy of your free book, "Recipes with Raisins."

NAME .....

STREET .....

CITY.....STATE.....

## STONECYPHER'S IRISH POTATO BUG KILLER

Every year you plant Irish Potatoes. Every year you have Potato Bugs. Every year you should use STONECYPHER'S Irish Potato Bug Killer

Guaranteed to destroy the bug without damage to the plant. Also destroys all leaf eating insects on cabbage, cucumber, cantaloupe, squash and tomato vines. Apply lightly. Cost low. Application easy. Results sure.

For Sale by Drug, Seed and General Stores

STONECYPHER DRUG & CHEMICAL CO. Westminster, S. C.

Some Girl! Some Girl!

Exchange—The bride is a woman of wonderful fascination and a remarkable attractiveness, for with manner as enchanting as the wand of a siren and disposition as sweet as the odor of flowers, and spirit as joyous as the carolling of birds and mind as brilliant as those glittering tresses that adorn the brow of winter and with heart as pure as the dewdrops trembling in a coronet of violets, she will make the home of her husband a paradise of enchantment, where the heaven-tuned harp of marriage shall send forth those strains of felicity that thrill the senses with the rhythmic pulsing of ecstatic rapture.

—Boston Transcript.

We Believe Him.

A university professor declares that the money spent for cosmetics and perfumes last year was 50 per cent more than the endowments of all universities and colleges. And judging from the number of times the dear things have to make up their faces every day we believe him.

Odd Cause for Rejoicing.

Nothing tickles us as much as having Opportunity knock at a woman's door when she's away somewhere playing bridge.—Buffalo Evening Times

Taught England to Smoke.

The first man to make cigarettes for the benefit of these islands was Mr. Nicholas Coundouris, a Greek who became an American citizen. It was in 1858 that he brought ten bales of Turkish tobacco to England and started to make cigarettes, which were then unknown.

"At first," Mr. Coundouris told me, "only a few people adopted the new habit; they included the then Prince of Wales and Lady Mordaunt. It took much patience and perseverance before cigarette smoking became popular."

Mr. Coundouris, who is one of the most picturesque figures in London, is eighty-seven, and is able to speak 20 languages.—London Tit-Bits.

Individual Dictionary.

Leonidas W. Van Quentin is going to write a letter of protest to the maker of his dictionary. "The dictionary is always careful to define 'cat,' 'dog,' 'house' and the other words everybody knows. But when I come to look up a new word I rarely find it. Why doesn't somebody get out a dictionary with the words I want to know and leave out the words that not even a child in the first grade would have to look up?"—Kansas City Star.

## What to Eat and Why

Making a Big Word an Easy Part of Your Diet

Car-bo-hy-drates make up about 60 per cent of the average diet. They produce heat and energy. They are largely secured from the grain and vegetable starches.

In the long, slow baking by which Grape-Nuts is produced from wheat and malted barley, the grain starches are partially pre-digested. They are changed to "dextrins" and "maltose"—forms of Carbohydrates so easy to digest that they form the basis of the most successful baby foods.

Many people have digestive trouble caused by the food-starch in its original form, but Grape-Nuts has been famous for a quarter-century for its exceptional ease of digestion, and assimilation, and its splendid, building nourishment. It is a food for strength and energy, delightfully crisp and appetizing, made today by the same formula which first brought this charm for taste and aid to health to the world's dining table. Grape-Nuts contains the iron, phosphorus and the essential vitamin, so often lacking in modern, "refined" foods.

Many servings of real food value in a package of this economical food. At your grocer's today—ready to serve with cream or milk. Grape-Nuts—the Body Builder. "There's a Reason." Made by Postum Cereal Co., Inc., Battle Creek, Mich.