SWEET SLUMBER BROUGHT BACK

Mrs. White, Unable to Sleep Tells How She Brought Back Natural Sleep.

Gastonia, N. C .- Mrs. Ellen White, of this city, says: "I suffered for several years with womanly troubles. I could not rest at night.

I began taking Cardui, the woman's tonic, and before I had finished one bottle I could sleep well. It just acted like a charm.

Since taking Cardui I have been in better health than for ten years. It s the best medicine I ever used. It did me more good than the doctors. I can certainly recommend Cardui to all suffering women, for I have been greatly benefited by its use. It

will build them up.

Cardui has been worth its weight in gold to me, for now I am well and

No matter how long-standing the trouble, Cardui will help. It is a tonic remedy. It is prepared for women to bring relief from womanly ail-

It helps sleeplessness, one of the most common symptoms of nervous breakdown. It helps build nerves and

Made from strictly vegetable ingredients, it has no ill-effects on any organ of the body, but acts naturally, gently and safely.

You can rely on Cardui. It will do for you what it has done for thou-It will help you. Try it. .

N. B.—Write to: Ladies' Advisory Dept., Chattanooga Medicine Co., Chat-tanooga, Tenn., for Special Instruc-tions, and 64-page hook, "Home Treat-ment for Women," sent in plain wrap-per, on request. The Easiest Answer.

Teacher-Thirty eggs at 55 cents

dozen is what? Pupil-It's-it's outrageous, sir. Boston Evening Transcript. To keep artificial teeth and bridgework antiseptically clean and free from odors and disease germs, Paxtine

Antiseptic is unequaled. At drug-gists, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Comparative Values.

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A man is always willing to pay what he owes-if it is a grudge.

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That is LAXATIVE BROMO QUININE. Look for
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over to Cure a Cold in One Day. 28c.

Unless a man is chicken hearted he's seldom henpecked. Garfield Tea. by purifying the blood, eradi-ates Rheumatism, Dyspepsia and many chronic allments.

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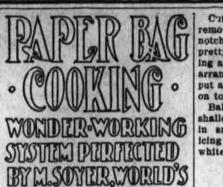
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MALARIAL REGIONS.



FOR A CHILDREN'S PARTY.

GREATIST LIVING

By Martha McCulloch Williams. Suppose you try giving the children paper-bag cooked party. On such an occasion, the paper bag comes gaily into its kingdom. Not the used bag. but one holding something cooked in another bag, or else roguishly ambushing a gift.

For such ambushing, splotch bags liberally with color or else decorate them with gilt and silver stars, pasted on the sides, and tie their necks with gay ribbon, putting inside a ruffle of fringed crepe paper matching the rib- dinner for six.

Edibles, of course, must be bagged very shortly before being distributed. Iced tartlets, small pretty fancy cakes nuts, raisins, bits of crystallized fruit, all make admirable fillings.

What manner of sweets, fruits, candies, nuts, etc., appear must depend, of course, upon the hostess. She will not err if the candles are largely home-made and plentifully reinforced with fresh fruit and good cake. Nuts are essential, but should not be eaten too liberally. The best preventive of such excess is a satisfying menu. Here is one that should appeal to hungry young creatures, yet do them no sort

Hot Chocolate or Cocoa with Whipped Cream Hot Chicken Biscuit Hot Sweet Potato Biscuit Homemade Candy Salted Peanuts

Mince Turnovers Pound Cake Icecream Sandwiches Fruit and Nuts Make chocolate as you like; but

have plenty of hot milk, also boiling water, at hand, so it can be varied to suit individual tastes For the chicken biscuit begin by

roasting a fine fat chicken, duly washed and trussed, greased all over and bacon-covered on the breast. Do not stuff it, but put inside half a dozen stalks of celery and a peeled and quartered apple. Lay a few more stalks of celery in the bag, which needs a small lump of butter in addition to thick greasing, seal, and cook done, taking care the bag does not break Remove carefully from the bag, and while still hot, mince the meat as fine as you can, mincing also the apple and celery, which will be cooked very soft. Taste. If the light seasoning which the chicken had is insufficient, add more salt and a bare dusting of pepper, red and black. Pour upon the minced mass the gravy from the bag, add a very little more butter and spoonful or so of cream, mix well, put in a fresh well-greased bag and heat for five minutes. Take up and put by spoonfuls, rather scant ones, between thin and baked double, after brushing over the lower one with melted butter. Keep hot inside a bag, in the hot stove

where the fiame is out, until Mince turnovers, which explain themselves, must be very small, Make the original round of paste about four inches across. Put only a teaspoonful of mincemeat upon it, fold it over very neatly and pinch the edges well to gether. Flatten and cook inside a but-

For the icecream sandwiches, cut very thin slices from a thick loaf of pound cake, frost the slices upon one Peep into other people's new homes and get he latest ideas for your sum decorating. Our two, naked sides touching. At serving ook tells about the FREE Color Plans out time, cut a very thin slice of icecream. time, cut a very thin slice of icecream, lay it deftly between two of the frosted cake slices, and pass on to be esten at once.

This second menu may please some households better. It is suited to afternoon serving, rather than evening. Peanut Brown Bread Sandwiches Cider Cup or Tea-Lemonade

Oyster Pattles or Minced Chicken Turnovers Bread and Butter Sandwiches Clear Broth, Small Cups Sliced Oranges with Frosted Individual Sponge Cakes

Directions have been given for cider cup and tea-lemonade. Roast and grind the peanuts, season lightly with salt and mix with either melted butter or a very mild French dressing to a rather stiff paste. Spread between very thin slices of buttered brown bread and keep moist until wanted. fill with oysters prepared as for oyster sandwiches. Prepare chicken as for the chicken biscult, but bake it in tiny a little fresh celery and a sliced te- (Copyright, 1911, by the Associated mato to make the broth.

Lord Decies, at a supper at the Rits-Cariton following the New York horse show, told a good story about an American millionaire.

"His first name is the sounding one

of Augustus," Lord Decies said. "You know how he travels—with what a

etinue of valets and chauffeurs and etaries. Well, it was with even a

er retinue than usual that he ar

He arrived, I understand,

ed, at the opening of the shooting

"Of course he was treated on all-ides with the profoundest deference. But the head beeper called him by the first name! Actually!

Cut the oranges carefully around. remove the peel in two sections and otch the edges of each, thus making pretty cups. Slice the fruit thin, tak-ing away strings and white pithy rind, arrange in the cups, cover with sugar, put a little shreded crystallized ginger n top and keep cool till wanted.

Bake the sponge cake in a square shallow mould. Let it get cold, cut in small squares, frost with tinted leing and serve in a basket lined with white crepe paper frills.

DINNER PARTY MENUS

So many letters have asked for menus suitable throughout for cooking in paper bags that here follow several, each suitable for a party dinner. Direction for cooking more than half their component parts have already been printed.

If you feel that you must begin your party feast with raw oysters, take them straight-from the half-shell. If the half-shell way cumbers you, serve the oysters in cocktails.

If your oysters must be hot, put them in a paper bag after draining them well, add a generous lump of butter for each dozen of the oysters, a dusting of pepper and a little salt. Seal the bag, which must be thickly buttered, and cook for six minutes inside a very hot oven.

Here is my ideal paper bag cooked

Grapefruit au Rhum Olives Warmed in Sherry Salted Pecans Spiced Plums Celery Cranberry Sauce

Raisin Stuffing Gravy from the Bag Endive Salad Sharp French Dressing Sweet Potatoes in Syrup Cauliflower au Gratin

Sweet Potato Custard Fruit and Nuts in Variety Black Coffee Wafers, Cheesed Plain with Pimento Cheese Here is a Christmas dinner for

hearty appetites: Oysters, Bag, Stewed and Served in Separate Bags Toasted Crackers

Quartered Lemons Salted Peanuts Radishes Sharp Pickle Roast Goose, Apple and Onion Stuffing **Baked Spanish Onions** Baked Irish Potatoes White Turnips Apple Sauce Cucumber Catsup

Hot Corn Bread Cold Slaw Boiled Dressing Pimento Sandwiches Water Wafers Banana Pie Pumpkin Pie Pound Cake Caramel Cake

Nuts and Raisins Coffee in large cups Sweet Cider Water Waters Dried Beef Crisped in a Pan

Beef thus crisped till it crackles in the teeth is wonderfully relished at the end of a heavy dinner. It gives the saving tang of salt that is so refreshing. A very little-a mere mouthful, suffices. Put it thinly in a clean pan, with a tiny dot of butter, set the pan in the oven after the fire is out, but while there is still heat, shut the door and leave till wanted. The beef can be crisped over a low flame, of course, if the oven is wanted for other use. Make the wafers also hot and

To make pimento sandwiches, mince half a can of pimentos, rub them well through a cake of the best cream cheese, adding enough French dressing to make the mixture spread smooth on the buttered bread. Few better accompaniments for any sort of salad can be found.

Oyster Broth Hot Oyster Sandwiches Salted Peanuts Fresh Ham, Stuffed and Roasted Sweet Potatoes cooked in the Ham-bag Cabbage Pudding

Baked Apples Baked Onions Baked Potatoes Prune Whip (entree) Romaine Salad, Sour Cream Dressing Hot Biscuit

Ginger Pudding, Lemon Sauce, Fruit and Nuts Coffee in large cups Ale Cider Drain the liquor from the oysters, strain it, add to it its own bulk of rich milk, and if the quantity is insufficient half its own bulk of good stock, Add a lump of butter rolled in flour, season with salt and pepper, and make very hot, but do not let it quite boil. Stir so

the broth shall not curdle. Pour into a hot tureen, already furnished with tiny squares of hot toasted stale bread or crisped oyster crackers. For the sandwiches make a light, rich biscuit dough, cut it in four-inch

squares, bake them quickly, split while very hot, and fill after buttering with the oysters which have been bearded, chopped well, and made very hot in a bag with butter cream, a dash of cherry or lemon juice or cider, seasoned lightly with salt and pepper and cooked for three to five minutes. Serve as quickly as possible along with the broth. For sour cream dressing beat until very light two yolks of egg with a pinch of salt, a dust of pepper and a little paprika. Then add half a cup For oyster patties, bake shells of little paprika. Then add half a cup out paste inside paper bags, cool, and of thick sour cream and cook over hot water, stirring hard all the time for five minutes. Add a heaping table-spoonful of butter, a tablespoonful of

Thought to Do Him Honor

Humorous Error of Keeper That 'Is your gun all right, Augustus?' 'A Shocked Haughty Millionairs and His Obsequious Host. 'Is your stool comfortable?' "The millionaire flushed darkly and

glared at the old head keeper the first time he was called Augustus. But he said nothing. And afterward he got said nothing. And afterward he got used to it. But his host happened to appear, and, hearing the keeper say to the haughty millionaire, 'Well winged, well winged, Augustus!' he took the old chap aside and whispered:

"'Why, keeper, I don't know what to make of you! Are you drunk, man? The idea of your calling Mr. Van Golden by his first name like that!'

"'His first name, sir?' And the old keeper flushed under his tan.

"'Yes! Augustus indeed! What do you mean by it?'

"The keeper looked terribly distressed.

"'Oh, sir,' he stammered, I hope you'll excuse me, sir, I thought Au-gustus was a litle—a very high title like My Lord Duke or Your Serene Highness, sir."

THE VALUE OF A DEFINITE **MESSAGE**

By Rev. H. W. Pope.

TEXT—This then is the message which we have heard of Him, and declare unto you.—I John 1:5.

The world has always been willing to listen to a man with a real message

Since the days of John the Baptist whenever anyone has manifestly been sent from God, and has borne witness of the truth, the people have turned out to hear from. Luther in his day, and Wesley and Whitefield in their, were recognized as true messengers of God.

brought another Willism Carey great thought from heaven, and Robert Raikes another. In our own land Dwight L. Moody and Francis E. Clark and Frances Willard have each been the bearer of rich messages from God. All these have met with stout opposition, for "My thoughts are not your thoughts, saith the Lord," and yet eventually their message has been received, and has been incorporated into the life of the church.

One accent of the Holy Ghost, The heedless world hath never lost.

That God has messages for the church of today no one can doubt. Never was there an age which needed divine wisdom more than ours. Great problems confront us, great dangers threaten us. Many of God's people seem dazed by the difficulties before them, and cry out in pitiful tones, "Who is sufficient for these things?" Instead of waiting upon God for a renewal of their strength, they resort to all manner of worldly expedients to gain the attention of the fickle crowd. Others recognizing clearly the same difficulties and dangers are clamoring

loudly for "A man with a message." Why should not every Christian be 'A man with a message?" Was it not said of our day, "I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, and your young men shall see visions and your old men shall dream dreams?", Was it not said of all believers, "Ye shall be witnesses unto

Surely God needs us all as messengers of mercy to this sin-stricken world. And yet how many seem to have no message. They have nothing to say for God because they have heard nothing, and they hear nothing because they are not living in communion with him. They are like a broken telephone, which can neither receive nor transmit. Their wire is down, their communication broken, they are of no use.

How important it is then that those who are in open communication with God should take time to be holy, take time to receive and deliver the messages of God.

aire. He had gone deeper and found

How to Obtain a Message. There are grave difficulties in the way of even those who are busiest in the service of God. This is an age of

hurry and worry, and unless we are very careful we shall fall into the spirit of the age, and allow ourselves to be robbed of that quiet and repose which is essential to a deep acquaintance with God. Somehow we must get time to be alone with God, time to let the truth as it is in Jesus filter down through our being until our whole life is saturated with its spirit. So shall we come forth from our closets each day with the dew of heaven upon our hearts, and with a fresh message upon our lips. "He that hath an ear to hear, let him hear what the spirit saith unto the churches."

Avoid the Danger. It is a dangerous thing to know God's will and not do it. And one of the most perilous things a Christian can do, is to try to hold his own simply, and not go forward into the deep things of God when thus led by the spirit. I have read of a Christian man who became so engrossed in his business that he largely lost his fellow ship with God. After a while his business began to fail; he found that in a few weeks the vein of coal from which he had been drawing his supplies would be exhausted, and all his invest ment would be useless. He was also impressed that his business troubles were due to his departure from God, and this led him to much prayer.

One night in a dream a voice seeme to say to him, "Go deeper." It seemed to him to be the voice of God, and it led to an entire transformation of his As he entered upon a closer walk with God his heart was filled with new joy and power. But still the voice kept speaking to him so persistently that he began to think it had something to do with his business. And so one day he proposed to his foreman that they should shandon the old vein of coal, and sink a new shaft with a view of finding a deeper store. The foreman ridiculed the idea for all the indications were against it. But he insisted and at length a shaft was sunk, and after they had gone down a vein of coal, but lo, an immense vein of iron, and suddenly the bankrupt miner found himself a million-

day, "Go deeper?" If we have ex-hausted all the satisfaction and power there is in our present knowledge of truth, let us enter into the deep things of God, depths of wisdom.

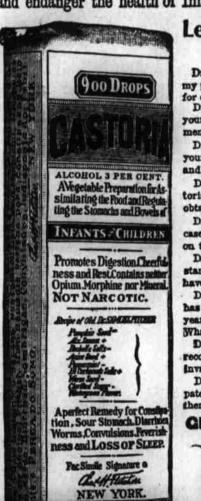
Dwell deep, O my soul, deeper yet, hour by hour. Dwell deep, deeper yet, in his fullness of

You can never tell by the length of a man's face just what he will do in a horse trade.

What is Castoria.

CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhosa. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.



Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. Albert W. Kahl, of Buffalo, N. Y., says: "I have used Castoria in my practice for the past 25 years. I regard it as an excellent medicine

Dr. Gustave A. Eisengraeber, of St. Paul, Minn., says: "I have used your Castoria repeatedly in my practice with good results, and can recommend it as an excellent, mild and harmless remedy for children." Dr. E. J. Dennis, of St. Louis, Mo., says: "I have used and prescribed

your Castoria in my sanitarium and outside practice for a number of years and find it to be an excellent remedy for children." Dr. S. A. Buchanan, of Philadelphia, Pa., says: "I have used your Cas-

toris in the case of my own baby and find it pleasant to take, and have obtained excellent results from its use." Dr. J. H. Simpson, of Chicago, Ill., says: "I have used your Castoria in

cases of colic in children and have found it the best medicine of its kind on the market."

Dr. R. E. Eskildson, of Omaha, Neb., says: "I find your Castoria to be a standard family remedy. It is the best thing for infants and children I have ever known and I recommend it." Dr. L. R. Robinson, of Kansas City, Mo., says: "Your Castoria certainly

has merit. Is not its age, its continued use by mothers through all these years, and the many attempts to imitate it, sufficient recommendation? What can a physician add? Leave it to the mothers." Dr. Edwin F. Pardee, of New York City, says: "For several years I have

recommended your Castoria and shall always continue to do so, as it has invariably produced beneficial results." Dr. N. B. Sizer, of Brooklyn, N. Y., says: "I object to what are called patent medicines, where maker alone knows what ingredients are put in



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Exact Copy of Wrapper.

Brown-Yes. They were in a magazine he had just bought, and he dropped it in the mud.-Judge.

A Confession.

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Faint Hearts and Fair Ladies. Frost-And the beautiful blonde married that rich old duffer simply because he had valvular trouble. Snow-Yet still some people say faint heart never won fair lady.

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Take the Old Standard GROVET TASTRLESS
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The formula is risinity printed on overy bottle, aboving it is simply unine a.-d Iron in a tasteless form, and the mos' effectual form. For grown people a.-d chilit., conta.

It doesn't seem right that a woman should have two ears for hearing gossip and only one tongue for re-

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I O U are vowels that have caused many a man's downfall. 'Pink Eye" is Epidemic in the Spring. ry Murine Eye Remedy for Reliable Relief

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A BLOOD MEDICINE WITHOUT ALCOHOL.

Recently it has been definitly proven by experiments on animals that alcohol lowers the germicidal power of the body and that alcohol paralyzes the white corpusales of the blood and readers them unable to take up and deatroy disease germs. Disease germs cause the death of over one-half of the human race.

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