

Even the man who is his own worst enemy is always ready to forgive himself.

As a summer tonic there is no medicine that quite compares with OXIDINE. It not only builds up the system, but taken regularly, prevents malaria. Regular or Tonic formula at Drugists.

When a couple is engaged they look at each other's virtues with magnifying glasses, which are thrown aside on their wedding day.

TO DRIVE OUT MALARIA—THE EXPERTS say that the best way to drive out malaria is to take OXIDINE. It is a powerful tonic and builds up the system. It is the only medicine that drives out malaria and keeps it from coming back.

There are lots of funny things to be seen in this world, and among them is a fat woman sitting on a little piano stool.

The Paston Toilet Co. of Boston, Mass., will send a large trial box of Pastine Antiseptic, a delightful cleansing and germicidal toilet preparation, to any woman, free, upon request.

Its Rank.
"Do you think telephone operation can be classed as a profession?"
"Well, it sure is a calling."

DOES YOUR HEAD ACHE?
Try **HEADACHE**. It's liquid—pleasant to take—effects immediate relief. Good for Headaches and Nervous Headaches also. Your money back if not satisfied. 10c. 25c. and 50c. at medicine stores.

Appropriate Name.
"Why does that doctor's wife call her husband, 'Duckie'?"
"Why not? Isn't he a quack?"

To prevent malaria is far better than to cure it. In malarial countries take a dose of OXIDINE regularly each week and save yourself from Chills and Fever and other malarial troubles.

Hurry, Girls!
Uncle Sam has just issued a little brochure on fattening calves. Hurry, girls, as the edition will soon be exhausted.—Washington Post.

Kind Man.
A local philanthropist ordered a fan for himself, a nice electric buzzer. He also took the key out of the door so that some of the air could go through the keyhole into the adjoining room, where there are eight perspiring clerks.

AFTER THE DOCTOR FAILED.
Even the most stubborn cases of malaria yield to OXIDINE. In the summer of 1918, I contracted the disease known as malaria. After a year's fruitless treatment by a prominent Washington physician, I was entirely cured by your OXIDINE. It is equally good for bilious disorders. OXIDINE, 50 cents, all drugstores, or Klossow & Co., Washington, D. C.

Accorded Full Title.
One of the New York representatives in congress tells of a social function in an assembly district political club on the East side, whereat the chairman of the entertainment committee acted as master of ceremonies.

The chairman was very busy introducing the newly-arrived members of the club to the guests, who included a number of municipal officers. The representative mentioned was presented in a way to have his official honors with his wife, as "The Honorable and Mrs. Congressman Blank." Next came a couple who were not known to the master of ceremonies, but, after receiving the correct name in a whisper, he announced:

"Mr. and Mrs. Inspector of Hygiene, Faucets and Showworks Casey."—Lippincott's.

INTERESTED IN HIM.
A wise doctor tries to give nature its best chance by saving the little strength of the already exhausted patient, and building up wasted energy with simple but powerful nourishment.

"Five years ago," writes a doctor "I commenced to use Postum in my own family instead of coffee." (It's a well-known fact that tea is just as injurious as coffee because it contains caffeine, the same drug found in coffee.) "I was so well pleased with the results that I had two grocers place it in stock, guaranteeing its sale."

"I then commenced to recommend it to my patients in place of coffee, as a nutritious beverage. The consequence is, every store in town is now selling it, as it has become a household necessity in many homes."

"I'm sure I prescribe Postum as often as any one remedy in the Materia Medica—in almost every case of indigestion and nervousness I treat, and with the best results."

"When I once introduce it into a family, it is quite sure to remain. I shall continue to use it and prescribe it in families where I practice."

"In convalescence from pneumonia, typhoid fever and other cases I give it as a liquid, easily absorbed diet. You may use my letter as a reference any way you see fit." Name given by Postum Co., Battle Creek, Mich.

Read "The Road to Wellville," in page "There's a Reason."

Send for the above letter? A new one appears from time to time, containing news, facts and full of interesting information.

THE KITCHEN CABINET



WHEN we have nothing else that we can do for the good of mankind, and are so poor that we have nothing else that we can give, we can always and everywhere give kindness. Kindly sympathy in another's interests, kindly judgment of his efforts, honest pity for his mistakes and failures, sincere pleasure in his successes—these are always in our power if we are not too self-aggrandized to bestow them, and these will do so much to fill the days with sunshine and the future with radiant hope.

WHAT TO DO WITH VEAL.
Veal, to be wholesome, should never be put on the market until six or eight weeks old. Younger meat is apt to produce serious disturbance in the digestive tract. Good veal may be told by its pinkish colored flesh and white fat. Veal should be thoroughly cooked, and being deficient in fat, pork or other fat should be supplied.

APPLE DISHES.
There is no sauce quite like the green apple sauce, which is prepared as soon as the apples are large enough to cook. The skins are tender, and so we leave them unpeeled, and sweeten them just before taking off. Many like to put the sauce through a sieve, before serving.

Fried Apples.—When the Duchess apple is about half grown they begin to be good for frying. Core them without peeling, cut in half inch slices and fry in hot fat; sprinkle generously with sugar and add a shake of salt and paprika. Turn carefully with the pancake turner to keep them in shape as an extra vegetable.

Apple pie is too well known, except to mention. There is none excels it. When well made and served with cheese it is a popular pie. Apple pie is a mode is simply apple pie served with a spoonful of ice cream on top.

Fried Apples and Onions.—This is a most appetizing dish for those who enjoy onions. Cut up the apples as for stewing. Slice a few onions, a third as many as of apples, or just one for flavor. Fry the onion in the hot fat, add the apples, removing the onion before it gets too brown, or adding some water to cook them all together. Season with salt, and if the apples are sour, a generous measure of sugar. Serve as a garnish for pork chops or a very good filling for a cake, and one which keeps its flavor, is the following: Grate a good-sized apple, add it to the well-beaten white of an egg and a cup of powdered sugar. Beat until stiff. This makes a pretty dessert served with a thin custard poured around it.

The ways of serving apple in diabetes is legion. As salad, a combination of diced apple, celery, nuts and salad dressing makes a dish most welcome and refreshing.

Apple sauce is one in which a cup of sifted apple sauce takes the place of eggs. A most satisfactory cake to keep.

ICED DISHES.
During hot weather there is no more refreshing dessert or main course accompaniment than the ices and sherbets.

Mint Sherbet.—Bruise the leaves of a bunch of fresh mint and pour over it in a large bowl a pint of boiling hot sugar syrup; add the juice of two lemons, the rind of one and a cup of shredded pineapple. Freeze. When half frozen, add the whites of two eggs, beaten stiff. Freeze to the consistency of white snow.

Combination Sherbet.—For this one may use a cupful of two or three kinds of canned fruit juice, choosing those that blend well. A cup of raspberry juice from preserves and a cup of pineapple sirup is a good one to combine; add a teaspoonful of lemon juice and a pint of sirup made by boiling together five minutes a cup of sugar and a pint of water. When cold, add a teaspoonful of vanilla and mix all together. Freeze quite stiff and then add the white of an egg beaten stiff with a tablespoonful of powdered sugar.

Recognized an Omen.
Apropos of the new third party, Clifford Pinchot said in Chicago:
"I'll tell you a story that is a good omen. A Bull Moose booster was walking through a railroad station with a Bull Moose banner on his arm when a crowd of Scotch immigrants gathered about him."
"Facts, what's that?" said an old lady. "There's nothing like that in Peebles."
"That's a moose, ma'am," said the banner bearer.

Careful of Her Company.
When Henry Quaries of Milwaukee was married he received from his client, President Vogel of the First National bank, a handsome silver tray. A light-hearted servant was slaming it around casually when detected by Mrs. Quaries.
"Sophie, you've got to handle that tray carefully," she exclaimed. "It's very costly and it was a present from Mr. Vogel, the banker. You know who he is."

It Depends.
"How long has your husband's suit for damages been going on?"
"Let me see? I think it is eleven years."

Even years! Does it take that long to get a lawsuit settled?
"Yes, when you can find a lawyer who is willing to fight on for what he can get out of it at the end."

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. BELLERS, Director of Evening Department, The Moody Bible Institute, Chicago.)

LESSON FOR AUG. 25.
THE VISIT TO NAZARETH.

LESSON TEXT—Luke 4:16-30.
GOLDEN TEXT—"He came unto his own, and they that were his own received him not."—John 1:11.

Cannon Farrar has said that this visit of Jesus to his home in Nazareth is "a most striking commentary upon" the words of John, which form our Golden Text. Those words are the epitome of this lesson in a very real sense. The young prophet had been proclaimed by his cousin John the Baptist as he was to come. He had performed his early Jewish ministry, which includes the visit of Nicodemus, and the meeting of the woman of Samaria. John had been shut up in prison and Jesus was about entering upon that wonderful Galilean ministry.

In this lesson we can see him as he returns to his boyhood home, to those old and most familiar scenes of his youth.

Day of Vengeance.
"As his custom was" (v. 16) he entered the old familiar synagogue to take part in the worship, praise and discussion, as had long been his custom in this his home town. Here it was he had learned of the law and the prophets, here he had heard the prophecies discussed, here he had undoubtedly participated in the discussions in the days gone by, for after the worship he is asked to conduct the reading of the second part of the service, a selection from one of the prophets, undoubtedly that portion for the regular reading of the day. His method of reading was very significant. Finding a portion from the prophecy of Isaiah, chapter 61, he reads that portion as we now have it recorded, to the first punctuation mark. This, said he, is being fulfilled before your eyes, implying that which refers to "the day of vengeance of our God." It is yet to be fulfilled or performed. Just what his exposition may have been Luke does not tell us, although he leads us to believe that he made a definite claim of being the Messiah—"This Scripture hath been fulfilled." They wondered at his gracious words, but such an assumption from the tongue of this son of the village carpenter was more than a challenge; it sounded of blasphemy. It is one thing to listen to beautiful platitudes, but for one to assume authority such as this at once arouses antagonism.

To make this still more plain, he makes a specific application. To paraphrase his words, he said, "doubtless you are saying, young man perform here in Nazareth some of those miracles you performed over in Capernaum, but I say you would not accept me even then, for no prophet is acceptable to his own countrymen." Then he goes on to illustrate by an incident from the life of Elijah, also one from the life of Elisha. This was too much for them. As they listened the tide of their wrath had been rising. The plainly implied truth of their need of that ministry which he alone could give and of their leprosy condition was too much for them. They were ready to slay him forth from the city they took him to the brow of the precipice upon which the village was situated and were for casting him headlong to his death. They did not, however, know who it was that had submitted thus far. His time was not yet, hence he manifested the truth of his calling and of his miraculous power by passing through their midst and went on his way, leaving them to their chagrin, anger and amazement.

Graphic Lesson Story.
In teaching this lesson we can emphasize the need and the importance of public worship, and the observance of a day set apart for that purpose and the public reading and exposition of God's word. We can also lay stress upon Jesus' knowledge and use of the Scriptures; also his emphatic approval of inspired prophecy as applied and fulfilled in his own life.

In teaching the young scholars these truths, the graphic lesson story will make all and probably more than can well be covered during the lesson hour.

For the older scholars, one question for discussion would be, why does the Son of God speak of or claim the "spirit of the Lord upon me?" Of course he was anointed after John's baptism as an example to all his followers, but here we take it as meaning that the Spirit is upon him in a real manner for service and for power in service. He is to witness and to minister. He is to teach and to heal. He is to preach the Gospel to the poor and deliverance to those bound with the chains of ceremonialism and of sin. He is to heal broken hearts and sin. He is to heal broken hearts and sin. He is to heal broken hearts and sin. He is to heal broken hearts and sin.

It has been pointed out that this anointing was, first, (1) to proclaim good tidings to the poor, for the poor are always (2) to proclaim the good tidings to the captives, those in the captivity of the evil one. (3) "recovery of sight to the blind," physically, but still more spiritually. (4) to set at liberty them that are bruised, i. e., by Satan, though he cannot bruise this anointed One; and (5) to proclaim the acceptable year of God, the time of redemption, the time of his coming again.

"This prophecy means me." "Come unto me," was indeed a bold proclamation. Did they believe? Are you making such bold claims for your Master and Lord? Some will reject of course, but let us remember that "God giveth the increase," ours truly to witness, to sow the seed. 1 Cor. 3:6.

Really Had Best of It.

John Burroughs is well known as one of the foremost of nature writers in this country. Some time ago he visited his brother, Eden Burroughs, who lives in the Catskills, at a place called Hobart. The two brothers went fox hunting together. The honor of the hunt came to Eden, who shot the only fox. It so happened that fox skins were worth five dollars at that time, and the successful Nimrod took much pride in telling how he got the better of the sage of Slabides. Later in boasting to a few friends about it in the presence of his brother, John, he was interrupted by "You have bragged about that fox hunt long enough. You shot the fox, sold the skin and got five dollars. I wrote a little account of the hunt, and got \$75 from the magazine which published it. So there you are!"

Mother's Lingual Attainment.

The mother of a little boy in Kansas City, Kan., recites negro dialect stories charmingly. Her small son is quite proud of her accomplishment and frequently boasts of it. One day recently, when some of his playmates were vaunting the achievements of their several mothers, the little boy braggingly remarked:
"My mother is smarter than any of yours; she can talk two languages."
"What are they?" demanded his companions.
"White and colored."

How He Left.

The servants were discussing the matter below stairs.
"Master and mistress 'ad something of a row last night, I 'ear," said the butler ponderously.
"You should have heard 'em," answered the parlor maid in a shocked tone. "Scandalous in what I call it!"
"They tell me 'e ran out, cranked 'is motor car 'ave left 'is 'ome."
"No," said the maid, positively, "he didn't leave 'is machine; I distinctly heard the mistress say he left 'in a huff."—London Answers.

Regular practicing physicians recommend and prescribe OXIDINE for Malaria, because it is a proven remedy by years of experience. Keep a bottle in the medicine chest and administer at first sign of Chills and Fever.

A man knows more at 21 than he can unlearn between that and 60.

ON THE BEACH.



She—Drowning men catch at straws.
He—(absently)—So do thirsty men.

Took Slot Machine at Its Word.

A Kansas City woman recently took her two small daughters to make their first visit to her husband's people, living in a small Kansas town. Naturally she was anxious to make as favorable an impression as possible. So the two little people, on going on an errand to the depot, were cautioned to be on their very best behavior. To the mother's surprise, they returned vigorously chewing gum. As they had no money, she asked them where they got it.
"Oh," explained the older one, "it said on the slot machine, 'Ask the agent for pennies,' so we did."

Ideals.

"What is your idea of a perfect husband?"
"One with about a million, who would lose no time in making me a merry widow."

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Even a homely man is apt to boast of how the women run after him.

MOTHER OF LARGE FAMILY

Tells How She Keeps Her Health—Happiness For Those Who Take Her Advice.

Scottville, Mich.—"I want to tell you how much good Lydia E. Pinkham's Vegetable Compound and Sanative Wash have done me. I live on a farm and have worked very hard. I am forty-five years old, and am the mother of thirteen children. Many people think it strange that I am not broken down with hard work and the care of my family, but I tell them of my good friend, Lydia E. Pinkham's Vegetable Compound, and that there will be no backache and bearing down pains for them if they will take it as I have. I am scarcely ever without it in the house."

"I will say also that I find there is no better medicine to be found for young girls. My eldest daughter has taken Lydia E. Pinkham's Vegetable Compound for painful periods and irregularity, and it has helped her."

"I am always ready and willing to speak a good word for Lydia E. Pinkham's Vegetable Compound. I tell every one I meet that I owe my health and happiness to your wonderful medicine."

—Mrs. J. G. JOHNSON, Scottville, Mich., R. F. D. 8.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and today holds the record of being the most successful remedy for women's ills known.

and High Grade Finishes. Mail orders given Special Attention. Prices reasonable. Service prompt. Send for Free List, LITERARY ART STORE, CHARLOTTE, N. C.

FOR SALE—400 A. IN CHESTERFIELD Co., Va. 2 1/2 a. cut; horse, new barn, out-bldgs, orch, 2 a. small fruit, marsh, horse, excellent climate. GIMP, Box 318 Chicago, Ill.

KODAKS and High Grade Finishes. Mail orders given Special Attention. Prices reasonable. Service prompt. Send for Free List, LITERARY ART STORE, CHARLOTTE, N. C.

900 DROPS
ALCOHOL 5 PER CENT.
A Vegetable Preparation for Assisting the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN.
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Alcohol. NOT NARCOTIC.
Beware of cheap imitations.
Aperient Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
Fac-Simile Signature of **Chas. H. Fletcher**
NEW YORK.
35 DROPS—35 CENTS
Guaranteed under the Food and Drug Act.

Children Cry for Fletcher's CASTORIA

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.

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. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of **Chas. H. Fletcher**

The Kind You Have Always Bought

In Use For Over 30 Years
THE GREAT OCEAN COMPANY, NEW YORK CITY.

Tut's Pills

Autocratic Assurances.
"Are you a servant of the people?" asked the constituent.
"Yes," replied Senator Sorghum.
"Only it should be observed that a really first-class servant may come pretty nearly being a boss."

Solemn Warning to Parents.
The reason for bowel trouble is fast approaching and you should at once provide your home with King's Diarrhoea Cordial. A guaranteed remedy for Dysentery, Cholera Morbus, Flux, Cholera Infantum and all kindred diseases. Numerous testimonials on our files telling of marvelous cures can be had by request. Burwell & Punn Co., Mfrs., Charlotte, N. C.

Unmanageable.
She—Can you manage a typewriter?
He—No, I married one.

If your appetite is not what it should be perhaps Malaria is developing. It affects the whole system. OXIDINE will clear away the germs, rid you of Malaria and generally improve your condition.

Your discretion might look like cowardice in another.

Learn Dressmaking at Home

Earn \$100.00 Monthly
With Madam Carver's Self Instructor any girl can master dressmaking in a few weeks without the aid of school or teacher, so simple and instructive are the twenty complete lessons on sewing, designing, cutting, fitting and finishing. (Illustrated). Send anywhere for complete information. Order now. **CARVER'S COLLEGE OF DRESSMAKING**, Clark Building, Jacksonville, Florida.

Save Your Dollars

Buy your Shoes direct from factory at wholesale factory price of \$2.50. Retail at \$5.00. Solid Leather Goodyear. Weils and guaranteed with a new pair, if they don't wear, or money will be refunded. Write for free catalog of styles and cuts. **\$2.50 SHOE FACTORY, BALTIMORE, MD.**

INDIAN RUNNER DUCKS

W. N. U., CHARLOTTE, NO. 34-1912.

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Buy unlimited life scholarship now and save from \$5.00 to \$7.00. Bookkeeping, Shorthand, Typewriting and English Courses. We train for Business Employment and Success. Send for College Journal and full information. Address **KING'S BUSINESS COLLEGE, Raleigh, N. C. or Charlotte, N. C.**

There's Health For You In

Brief Extracts From Strong TESTIMONIALS

Mr. C. T. Binkley, P. M., at Danville for many years, writes: "My sin suffered for many years with uric acid rheumatism. I took six bottles of Milam with the happiest results. I am now as well as ever."

Mr. E. L. Williams, of Charlotte, West Va., writes: "I have been a sufferer from Gout for twenty years when I decided to take Milam. I bought three bottles and am now on my feet. My stomach is entirely gone and I have not felt so well in years."

Mr. W. E. Grier, Esq., of Greensboro, N. C., writes: "I have been a sufferer from Gout for twenty years when I decided to take Milam. I bought three bottles and am now on my feet. My stomach is entirely gone and I have not felt so well in years."

Mr. D. P. Tish, a Merchant Tailor, of Danville, Va., writes: "I took six bottles of your Milam which proved of invaluable benefit to me."

ASK YOUR DRUGGIST

MILAM

Our Testimonials are From People of Intelligence and High Standing

Mr. Green Williams, Manager Crystal Ice and Power Co., Danville, Va., Ex-Chief of Police, writes: "For the past five years, following a attack of uric acid my feet and ankles became so swollen that I could not walk. I took six bottles of Milam and was entirely relieved. No return of uric acid since."

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6 Bottles \$5.00