aurel, Miss.—In a letter from this ce, Mrs. Lucile McElroy says: "I sick for three years, with back-e, headache, pains in my stomach back, low down. At times I could

and back, low down. At times I could not do a thing, I was so weak.

After I was married, I thought I would try Cardui, the woman's tonic, and after using two or three bottles, I couldn't tell one day from another—felt good all the time.

I not only still use Cardui, but advise every lady I think needs it, to give it a trial, and several whom I have persuaded, say they have obtained great relief.

Another good thing I have noticed

Another good thing I have noticed about Cardui is that it fills out hollows under the eyes, which are sunken as if from a bad spell of sickness. It fleshens up a woman's eyes, and makes them look bright and plump. Many a woman would be pretty if it not for her sunken-in eyes. elieve that Cardul, the woman's

tonic, is the only treatment for wom-Do you suffer from womanly trou-ble? If so, give Cardui, the woman's

tonic, a trial.

Judging from the experience of a million other women who have been benefited by this remedy, it should

N. B.—sprite to: Chattanooga Medicine Co., Lad drivery Department, Chattanooga, Tennesse-cotal Intrastition on your case and 64-page book, "He matement for Women," sent in plain wrapper. Adv.

PUTTING HIM WISE.



"Do you mind if I kiss your

"Not in the least, but you ought to know that isn't the proper place. That's where you put the ring."

BROKE OUT IN HEAT RASH

822 Georgia Ave., East Nashville, Tenn.-"My baby was about two months old when he began to break out in small red pimples like heat rash, afterward turning into festers. They gradually spread until his little head, face, groins and chest, his head being most affected, became a mass of sores with a great deal of corruption. It became offensive and gradually grew worse. I kept a white cap on him to keep him from scratching, it seemed to itch so badly. It made him cross and his chest and groins would

"Nothing seemed to help it, and I had almost come to the conclusion that my baby's case was hopeless, when hearing of the Cuticura Soap and Cutteura Ointment, I decided to try it. I noticed at once that baby rested better. I continued it for a few weeks and my baby was entirely cured by the Cuticura Soap and Ointment. They cured where all others failed." (Signed) Mr. E. O. Davis, Nov. 28, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L. Boston."

Early Training.

Willis-Is that new young preacher you hired fresh from college up to Gillis-You bet. He called out the

Easter choir squad last Sunday, and has ordered practice behind closed doors .- Puck.

Burduco Liver Powder. Nature's remedy for billousness, astipation, indigestion and all stomdiseases. A vegetable preparabetter than calomel and will not salivate. In screw top cans at 25c each. Burwell & Dunn Co., Mfrs., Charlotte, N. C. Adv.

These Gridicon Days.

Miss Culchaw—Do you like the
Passing of Arthur?" Mr. Chump—I'm not up on football players. What team is he on?

Regular practicing physicians recommend and prescribe OXIDINE for Malaria, be-cause it is a proven remedy by years of ex-perience. Keep a bottle in the medicine theet and administer at first sign of Chills and Fever. Adv.

Wizard of Finance. Would you stick to your husband be stole a million dollars?" "If he succeeded in keeping it."

or SUMBLER PREADACHES

(CAPUDINE is the best remedy—
tier what causes them—whether
te hear, sitting in draughts, feverdition, etc. 18c., Sc and 80c per
t medicine stores. Adv.



Keep the sows warm.

The busy hen lays best.

Keep the boar by himself.

Maintain regularity in all things.

Green bone is very rich in phosphate of lime.

Chickens will not stand crowding, they are too warm blooded

Nothing is more desirable in horse flesh than tractability and gentleness.

When the days are long, some peo ple have just that much more time to

If the market value of feed is un

satisfactory, sell it to the cows and

Sheep, if given half a chance, and if of good healthy stock are sure to pay their way.

Keep off the surplus fat by feeding muscle-producing foods and giving plenty of exercise.

Remember that the wood ashes are the best kind of fertilizer for the orchard, lawn or garden.

Skim milk from the right kind of separator has left in it only a half of 1 per cent, of butter fat,

ashes you can to use in the garden; work it well into the soil. Celery delights in a low, rich, heavy,

Beg, borrow or buy all the wood

moist soil and is usually grown upon the same land year after year. Save every bit of the hen manure.

Keep it dry and put it on some crop next spring. Worth its weight in gold. Keep a close watch over the suck-

ling colts. A blemish or an injury now may ruin the value of the future Cows will not give better milk than

the feed you place before them. They can't. Give only the best and the pur est food. Experienced onlon growers do not advise or follow the practice of plant-

ing onions on raw or new land as a first crop. The man who dubbed the hog a 'mortgage lifter" was posted;

knew something of the possibilities of the animal. A small flock of vigorous sheep on the farm, if given good care, cannot

help but yield good returns for the money invested.

plowed in the spring. A mixture of corn and oats-two

parts oats to one of corn-is a good working ration. Cracked corn is preferable to finely ground. Breeding ewes and store sheep will

winter well on good, bright wheat straw and stubble grasses and half pound of corn given to each daily. Draft horses continue to be the lead-

ing market animals, best on the farm. best in the market and one of the prosperous live stock propositions for A feeder may have his bin full of

grain, but unless he has sufficient roughage to balance up the ration he will be shy on his profit at the end of

Frequent cultivation of the garden reduces the damage done by cut worms. Cultivation exposes the worms to the sun, which is often fatal to them

Keep over a few of the best ewes of your own breeding each year, even though they are not so good as you might buy. It will make your flock more uniform all the time.

A successful way that turkeys can be grown is to hatch them under hens (chicken hens preferred) and brood them with turkey hens that are two or more years of age.

The cellar peeds a little thought these days. Ventilate well at night is always hard to deal with and is not and shut the doors and windows during the daytime. You can keep the cool night air it and the warmer air borne in mind when selecting brood

One way to supply forage is to save all forage from the corn field by cutting the tops of the stalks off just above the ears. Of course this should be done before the fodder becomes

The value of skimmilk as a food for young and growing pigs has long been recognized and several experi-ment stations have made comparative

Hens need green food.

Ventilate the hen house

Dogs and chickens don't mix.

Half-bred cows give half-pails of

A draft horse should have a large chest and square shoulders.

Keep the stable clean and well ven tilated, and free frem draught,

Put not your faith in the gentle

ull more than in the vicious one. Wash your hands with clean water before commencing to milk each cow

The most important factor in soil improvement is growing leguminous

crops. The easiest way to eradicate weeds on the farm is to prevent their going

A shed of crotches and poles, covered with straw, is cheap, warm and

businesslike. Don't feed the brood sow heavy rations of corn when within a month

Keep dust and stuff out of your milk. You can't strain it out. Re-

member that. The ability to produce profit is a

standard by which all farm stock must be measured. Silage made of corn and soy beans

is more digestible than that made from corn silage alone. You can weaken the constitution of

your horse by making them carry a burden of useless flesh. Whole oats placed on a dry, raised

for young and growing pigs. Oat straw is a pretty good substitute and makes very good roughage

platform are a most profitable feeds

when fed with plenty of grain. The Ayreshire and Guernsey type of dairy cattle are increasing in favor in the middle western states.

Individual excellence is the only safe guide to be depended upon in selecting cows to build up a good herd.

Some day we are going to find that as good a way as any to use the surplus sour milk is to give it to the hens.

One good dairy cow of the right conformation is more of an adjunct than several beefy animals with poor udders.

Has the kitchen garden a raspberry patch? They are hardy, excellent bearers, and certainly one of the most delicious fruits. The cow that comes fresh in the

year, the second time when grass comes in spring. If corn is to be the main grain ration for the cows, some bran or alfalfa hay will balance it nicely. But it is

fall is really fresh twice during the

The mangel grows well, both north and south, and on good soil will pay The land that was plowed in the as well as any other feeding crop in fall for next year's garden will work its proper place in the ration.

not necessary to feed both.

The wise dairy farmer has provided himself with a bunch of shoats and will make 9 or 10 cent pork out of cheap skim milk this winter. At all times keep plenty of oyster shells, coarse gravel, fresh water, and

milk before the chickens. In cold weather give them warm water and It is wrong to expect the cow to yield a large profit simply because she is well bred. She must have feed

to nothing. Snap beans, lima beans and navy beans are tap-rooted plants and require deep, mellow soil. Break the soil deeply and pulverize it well

and care or the breeding will amount

fore you plant beans. Experimenters say it takes about ten bushels of corn to make 100 pounds of pork, but when the corn fed with akimmilk, seven bushels will make the same weight.

The successful dairy farmer must provide winter feed of a succulent na ture. The silo is the best answer and next to this is roots. These are becoming more popular every year.

Don't imagine that the profits of the dairy business depend entirely upon the creamery, and not upon the farm or farmer. The dairy must be right before the creamery can bring the

A sow with a mean, cross disp

Two pastures are better than one ecause with them the hogs can be sparated. If it is not the intention to use both pastures at once there can be a supply of green feed on hand

A good dairy bull should die of o A good dairy bull should die of old age in your service. Don't think be-cause he is going over a dosen years of age and is yet keeping up in health strength and producing many heiter calves that it is time soon to get rid of him, for it isn't.



HE ethics of gastron

SUGGESTIONS FOR EATABLES.

A most tasty salad may be mad-

combine with celery and French dress-

be more pleasing. Apples may be

Sirioin of Beef .- For a small com-

and a half pounds. With a small lard-

lengthwise with thin strips of pork.

Put two tablespoonfuls of the pork

trimmings in a baking pan, add a

small carrot, an onion cut fine, a stalk

of celery cut in bits, two sprigs of

parsley, a bay leaf, half a clove of

garlic crushed and two cloves, Lay

the steak in this bed of vegetables

spread over it two tablespoonfuls of

fat and place in the oven to roast

turning and basting three times. Place

the steak on the platter. Heat two

tablespoonfuls of thick cream with a

fourth of a cup of grated horseradish.

Have three bananas peeled and sliced

lengthwise, dipped in flour and fried

Skim the fat from the baking pan.

thicken with flour and brown; strain

the gravy over the meat, spread the

horseradish sauce over the meat, set

the pieces of banana on the meat and

Cranberry Surprise.-This is a deli-

clous ice to serve with turkey or

cherry or a preserved chestnut, or

Chocolate Temptation,-Mold choco

late ice cream, and when ready to

serve sprinkle with browned almonds;

garnish with whipped cream sprinkled

A life so much beset With crosses, harsh and cruel deeds, To struggle to forget.

me smile to lighten what is ill.

SOME GOOD WINTER PUDDINGS

The heavier, richer puddings are

Plum Pudding.-Mix together a cur

fourths of a cup of sugar, a fourth of

of soda and cinnamon. Steam one

a cup and a half of powdered sugar

Krum Torte.-This is a most deli-

Cut up a half pound of dates

small pieces, add a half pound of wal-

with the torte crumbed in pieces and

Steamed Chocolate Pudding.-Mell

two squares of chocolate over hot wa-

half hours. Serve with a creamy

sauce. Use two tablespoonfuls of

soft butter, a cup of powdered sugar

and a yolk of egg. Then stir in r

Nellie Maxwell.

Women love always; when earth

slips away from them, they take refuge in heaven .- Anonymous,

more enjoyed during the cold weather

HERE is enough in daily life

1

with blanched almonds.

serve at once.

both.

dorf salad.

is a leaf of herson each one of us may write His word or two, and then comes night. Greatly begin, though thou have time But for a line, be that sublime—

failure, but low aim, is crime. HELPFUL HINTS.

A measuring schedule of weights and proportions is something that puzzles us, at times, and a table of such proportions may prove helpful. A pint of granulated sugar equals

A pint of brown sugar equals thirteen ounces A pint of maple sugar equals seven-

teen ounces. A pint of graham flour equals eight ounces. A pint of wheat flour equals eight

ounces. A pint of corn meal equals ten ounces. A pint of soft butter equals one

pound. A pint of grated bread crumbs equals nine ounces. A pint of seeded raisins equals nine

ounces. A pint of dried currants equals ten ounces. A pint of rice equals fifteen ounces

A pint of dried hominy equals thirteen ounces. A quart of white flour equals pound. The whites of eight ordinary eggs

fill a cup. Nine large hen's eggs equal pound. Two level tablespoonfuls of butter

equal an ounce. fowl. Put a little ice cream in a sher-Eight liquid ounces fill a cup. bet cup and cover with a rich cran-Four level tablespoonfuls of flour berry sauce.

Three tablespoonfuls of grated dainty and delicious frozen dish. Put chocolate equal an ounce. Two tablespoonfuls of salt equal an tom of a sherbet cup (these chestnuts ounce. are preserved in a thick lemon strup). pint is a pound the world



GOOD EATING.

A salad that is especially appetizing with a duck dinner, or in fact with any meat course, is sliced oranges dressed with French dressing. Arrange three or four slices overlapping each other on a lettuce leaf and But there is nothing we can spare add the dressing the last thing, as it That's loving, comforting and fair. A word that comes to cheer us still, wilts the lettuce and spoils its appearance.

Canned pears dipped in salad dressing, then rolled in chopped nuts and arranged on lettuce leaves is another easy and very good salad.

A combination of grated cheese. canned peas, a hard cooked egg and are also better served during the chopped, and a few tablespoonfuls of winter. watermelon pickle cut fine, a dash of and seasonings, is the unusual salad and one which is well liked. This is a cup of molasses, a cup of fruit, a a salad that can be prepared with macup of cold water, a teaspoonful each terials at hand and might be called emergency, as the materials used are hour. Cream a half cup of butter, add in every house.

A combination of apples, bananas and the yolks of two eggs well beatand oranges, using twice as many apples as bananas and half as many oren, for the sauce. anges as bananas. Whip a cup of cream, add a cup and a half of sugar clous pudding and one which will keep indefinitely: and the grated rind and juice of a lemon. When using twelve apples the proportions as directed will be cor

nut meats cut up, a half pound of sugar, three tablespoonfuls of bread Dainty Chicken Salad .- One cup of crumbs, a teaspoonful of baking pow cold cooked chicken, cut in small pieces, a cup of walnut meats, one cup der and the whites of six eggs be light. Add the sugar to the whites of peas. Mix the ingredients and add a little salad dressing. Serve on let-tuce leaves garnished with olives. first and then the other ingredients. Bake in a large greased pan. Serve with whipped cream, a little mixed

Almond and Cabbage Salad.—Shred a firm white head of cabbage, add a cup of blanched almonds also shred ded; season with salt and paprika and add a cupful of sour cream. Line a salad bowl with lettuce leaves, heap in the salad and serve with cheese and crackers.

Pineapple and Nut Salad.-Use the sliced canned pineapple; arrange a slice on each plate and fill the hole in the center with grated cheese cover with French dressing and sprinkle with chopped nuts and pars

Salmon Salad .- Drain the oil from a can of salmon, and remove the skin and bones; cut four boiled potatoes fine, three sweet pickles, and two cups of cabbage, chopped. Season cups of cabbage, chopped. Season with salt, pepper and serve with plain boiled dressing.

"Try as we may," said the man with the iridescent whiskers to the Chica-go Post, "we cannot produce runners who can equal the records made by those of foreign countries. Why here's an account of a man who made

know over there they measure a race by meters, while here—"
"I'll back my gas meter against all the whole foreign sporting fraternity."

'Made what?"

Prof. Louis Hirneh, who rece was appointed federal rat catche new position, by the way—is a clist, a graduate of Heldelberg, and grown wealthy through his ability

Good Example.

Dr. Charles H. Parkhurst said at s Presbyterian banquet in New York: "At all seasons, and at the Christ mas season especially, we should avoid quarreling and try to bring cially, we should

about a spirit of good will.

"In short, we should imitate Fa
ther Healy, the Irish wit, to whom
an official once said: "'Healy, I've got a crow to pick

with you.'
"'Make it a turkey," said Pathe Healy, 'and I'll join you at 6 sharp.'

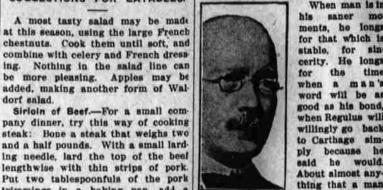
Rufes for White House Mistress.

The president's wife has a definite legal status and strict rules are laid down for her behavior during her hus band's term of office. The lady of the White House must not accept general invitations, and outside of the cabines circle cannot sitead a formal dinner in Washington. Away from Washington she may dine with anybody she blees. There is an unwritten has which allows her to walk through a quadrille with a high official, but as lady of the White House has swertheen known to which in a waltz. Rules for White House Mistre

A Dependable God

By REV. J. H. RALSTON,

TEXT—"There falled not ought of any good thing which the Lord had spoken unto the house of Israel; all came to pass."—Joshua 21:46.



his saner moments, he longs for that which is stable, for sincerity. He longs the time when a man's word will be as good as his bond, when Regulus will willingly go back to Carthage simply because he said he would.

thing that a man meets in his every day experiences prompts him to ask "Is it trustworthy, dependable?" If a man buys a fountain pen he asks, "Will it write all the time?" As the aeronaut looks at his biplane or monoplane, and thinks of being 5,000 feet above the earth, he "Is it dependable?" man has a bit of money and wishes to lay it aside for a rainy day, he asks of the bank in which he thinks of de positing it: "Is it safe?" President elect Wilson recently said: "However the variation may come, no matter what the ephemeral feature may be, no matter what the external form may be, men are looking for a foothold they are looking for some firm ground of faith upon which to walk."

Is it possible that man can ask with reference to God: "Is he depend able?" The gods of the Egyptians, Greeks or Romans were super-mun dane beings; and man was constantly Chestnut Cup.—This is a most asking the question: "Will the gods change?" We have a proverb that has a few preserved chestnuts in the bot come down the centuries, "As fickle as the gods." The ancient religious devotee would think of his gods as mercurial, changeable beings, moved by any wind that blew-he could cream and garnish with a maraschine never trust them.

If we take the gods of today, and they are not the less gods than in the days of old-money, place, appe tite-men are bowing down to these and worshiping them, and they may well ask, "Are they dependable?" So the subject of a dependable God is immensely practical, and those who worship the God of the Bible claim that he is dependable. He is the same yesterday, today and forever, whether manifesting himself as Father, Son or Holy Spirit,

The Bible is full of claims of the faithfulness of God, and God may be placed in sharp contrast to the gods that are in opposition or rivalry. The true God never breaks a promise, as the text so clearly claims. There may be some support to the idea of the dependability of God, as there is a demand for this in God; just as we claim that there is a God because there is a demand for God. And again the regularity and uniformity of movement of the various parts of God's creation is proof of the regularity and uniformity in the Creator himself. We depended on; seasons of the year never fail to alternate: the systems that swing in illimitable space are so exact in their movements that those movements can be calculated for milenniums in advance to minutes and seconds-and God created all of these,

and he is as dependable as they. God has given us many "great and precious promises"—of blessings material, blessings to the body politic, blessings to the intellectual and esthetic nature, and to the spiritual in man, both with respect to the experiences of this life, and the eternity

The challenge of God as to his faith-

that stretches beyond.

fulness invites the closest examination of his character for veracity, consequently for dependability. His promises have been most specific; in many cases given to individuals; dates, locations and circumstances be-ing definitely proclaimed hundreds of years before the things promised were realized. Joshua was justified in his ter, beat an egg and add to a cup of milk, sift two cups of flour with three teaspoonfuls of baking powder and half a teaspoonful of salt. Put into a buttered mold and steam one and a and they had been fulfilled literally. We are not surprised that the writer of the epistic to the Hebrews should say, "Let us hold fast the profession of our faith without wavering, for he is faithful that promised." The absois rathful that promised. The absoluteness of the promises of God, and the implicity of faith in those promises on the part of a great number of persons, make men stagger; but the accomplishments of such men as

This dependability of God is comprehensive. It means something beyond his promises of blessings, and applies as well to the warnings and threatenings of his word. In the history of Israel the threatenings because of disobedience were as numerous, is not more so, than the promises of blessings because of obedience. God being just as dependable as to the carrying out of the one as of the other. If God is proclaimed as faithful God (Deut, 7:9) with respect to keeping coverant and showing mercy to a thousand generations, it is shown in the next verse that it is the same God that "repays those who hate him face to face." This dependability of God is comp

HOW TO CURE RHEUMATISM

This simple and harmiess form has worked wonders for all who I tried it quickly curing chronic acute rheumatism and backacha. "From your druggist get one ounce of I compound in original sealed packacha and one ounce of syrup of Saranga compound. Take these two ingreditions and put them in a half pint good whiskey. Bhake the bottle take a tablespoomful before each and at bed-time." Good results catter the first few doses. If your district the first few doses. It have to be the control of the control of the influenced to take a patent of the influenced to take a patent of the influenced to take a patent of the genuine Toris compound in original, one-ounce, sealed, ye package. This was published here winter and hundreds of the worst time. Itshed by the Globe Pharmaceutical oratories of Chicago.

First Straphanger - Look out! You're treading on my feet! Second Straphanger—Beg pardon! also prefer to ride in a cab.—Judge.

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Cough, Cold **Sore Throat**

Sloan's Liniment gives quick relief for cough, cold, hoarseness, sore throat, croup, asthma, hay dever

MR. ALBERT W. PRICE of Fredonia, an., writes; "We use bloan's Lini-ient to the family and find it an ex-plicat reliaf for colds and hay fever tacks. It stops coughing and snees-g almost instantly."

RELIEVED SORE THROAT.

MRS. L. BREWER, of Modello, Fla., writes: "I bought one bottle of your Liminest and if did me all the good in the world. My thront was very sore, and it cured me of my trouble." GOOD FOR COLD AND CROUP. MR. W. H. STRANGE, 3721 Elimwood Avenue, Chicago, Ill., writes: "A lib-lie boy next door had croup. I gave his mother Sloan's Liniment to try. She gave him three drops on sagar before going to bed, and he got up without the croup in the morning."



Constinution Vanishes Forever Prompt Relief Perm CARTER'S LITTLE LIVER PILLS never

IALL PILL, SMALL DOSE, SMALL PRICE