NEARLY DEAD MOTHER SAVES

Timely Advice of Mother Relieves Terrible Suffering of Daughter. and Possibly Prevents an Untimely End.

Ready, Ky.—In the following advices from this place, Mrs. Laura Bratcher says: "I was not able to do anything for nearly six months, and was down in bed for three months.

I cannot tell you how I suffered with my head, and with nervousness and womanly troubles.

Our family doctor told my husband be could not do me any good, and he had to give it up. We tried another doctor, but he did not help me.

At last, my mother advised me to take Cardui, the woman's tonic. I thought it was no use, for I was nearly dead and nothing seemed to do me any good, but I used eleven bottles, and was then able to do all of my work and my own washing.

I think Cardui is the best medicine in the world. My weight has increased, and I look the picture of health.

I will always praise Cardui for what it has done for me."

Remember that Cardui is a mild, safe remedy, composed of valuable medicinal ingredients, which help to build up vitality, tone up the nerves, and strengthen the entire womanly constitution.

In the past half century Cardui has

In the past half century Cardul has relieved more than a million women. Why shouldn't it do the same for you? Try it. It may be just what you need.

N. R.—Write to: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for Special Instructions on your case and 64-page book, Home Treatment for Women, sent in plain wrapper. Adv.

Why, the Mean Thing!

"There's a sad case," said Mrs Jones, as she laid the paper on her knees and wiped her spectacles. bride struck dumb after leaving the altar, and by last accounts she hadn't recovered her speech."

"It's the way of the world, my dear," said old Mr. Jones, with a sigh. "It's the way of the world. Some men have all the luck."—P. I. P.

After 10 Years of Suffering, Show Man

Finds Relief in Tetterine. Finds Relief in Tetterine.

"I have been troubled with a severe case of Tetter for ten years. In Columbia last week a druggist recommended Tetterine. I bought a box: it gave me relief, so I bought another and am entirely well."

Lew Wren, Chicago.

Tetterine cures Eczema, Tetter, Itching Piles, Ring Worm and every form of Scalp and Biein Bleesse. Tetterine 50c; Tetterine Soap 25c. Your druggist, or by mail from the manufacturer. The Shuptrine Co., Bavannah, Ga.

With every mail order for Tetterine we give a box of Shuptrine's 10c Liver Pills free. Adv.

PROBABLY.



Mandy-This writer says that college life decreases the desire of girls

Hiram-It may be that it decreases the desire of the young fellows to marry 'em.

Tit for Tat.

Mr. Bacon-Do you think the education of animals is accomplished by the gift of imitation or the force of instinct, dear?

Mrs. Bacon-Oh, by the gift of imitation, of course. Haven't you noticed how the dog growls when you are around?

"Perhaps you are right, dear; for I have also noticed that the hens cackle more when you're about."

Head Bookkeeper Must Be Relfable.

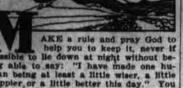
The chief bookkeeper in a large iness house in one of our great stern cities speaks of the harm see did for bim. (Tea is just as injurious because it contains caffeine, the same drug found in coffee.)
"My wife and I drank our first cup

of Postum a little over two years ago and we have used it ever since, to the entire exclusion of tea and coffee. It

entire exclusion of tea and coffee. It happened in this way:

"About three and a half years ago I had an attack of pueumonia, which left a memento in the shape of dyspepsia, or rather, to speak more correctly, neuralgia of the stomach. My cup of cheer had always been coffee or tea, but I became convinced, after a time, that they aggravated my stomach irouble. I happened to mention the matter to my grocer one day and he suggested that I give Postum a trial.

"Next day it came, but the cook made the mistake of not boiling it subficiently, and we did not like it much. This was, however, soon remedied, and now we like it so much that we will never change back. Postom, being a food beverage instead of a drug, has been the means of banishing my stomach trouble, I verily believe, for I am a well man today and have used no medicine.



SEASONABLE DISHES.

A very attractive way of serving Hamburg steak and one which is very unusual, is as follows: Make a mound of the seasoned meat, place it in a well greased baking pan and cover it with latticed strips of salt pork, using care to have the strips carefully cut and nicely arranged, then bake, and when ready to serve, remove carefully to a hot platter; garnish with paraley and serve with mushroom sauce, if it is desired especially

Chop Suey .- This dish, . if prepared at home, can be enjoyed without any qualms of imagination: Mince the cooked meat of one cooked chick en, two pounds of veal, a fourth of a pound of veal tongue; mix and season well. Boil two cups of rice until tender, drain and mix with the meat. Chop a can of mushrooms, one sweet pepper, two cloves of garlic and a pinch of powdered cloves. Put all Set to simmer two hours.

Sour Cream Pie.-Take a cup each of sour cream, sugar and raisins; add a beaten egg, a tablespoon of vinegar, half a teaspoon of salt, the same of cinnamon, a fourth of a teaspoon of cloves and a little grated nutmeg. This is a fine pie. Bake with two

Spanish Salad.—Cut into dice three quantity of cold cooked potatoes, three tomatoes and one onion chopped fine. Rub the salad bowl with the cut side of a clove of garlic, put in the salad. pour over plenty of French dressing. using a tablespoonful of vinegar to and a teaspoonful of catsup and powdered sugar.



WHAT TO HAVE FOR LUNCHEON OR SUPPER.

Rich beyond price are we.

If one has the heavy meal at night, the food served at noon will correspond to that served at night when the heavy meal is served at noon.

A hot dish is almost a necessity there are many which may be quickly prepared. If one puts up tomatoes, there is always a delicious soup, either fry in the hot fat, sprinkle with salt ly served.

A pretty, dainty and nutritious dish may be prepared from salmon. Heat take out all the bones and skin; hrap dressing of equal parts of eggs and it in the center of a platter and arrange around it riced potato which Around the potato pour a rich white sauce, set in the oven in a pan of water, to get thoroughly hot, then serve. Garnish with a bit of parsley. Another nice dish is

Codfish and Macaroni,-Break Into bits a cup of cold cooked macaroni. Add one cupful of cooked codfish or salt fish will answer, flaked fine. Put into a buttered baking dish, sprinkle with salt, pepper and crumbs. Dot with bits of butter and sprinkle with grated cheese; add mlik to moisten, and bake-until brown.

When serving pork chops, arrange a border of cored apples cut in slices and fried in the pork fat. Sprinkle with sugar and a little spice.

Cream of Onion Scop.—Slice a haif dozen onions and boll, changing the water twice during the cooking. Drain and rub through a sleve, and to a cupful of the pulp add a pint and a half of milk. Thicken with a tablespoonful each of butter and flour cooked together. Add to the hot soup and serve with toasted buttered

A nice dessert, and one of materials found in most homes, is Birdsnest other layer of onions and white sauce a deep pie plate, and cover with a rich biscuit crust. When baked, turn over, sweeten, butter and serve with oream and sugar.

Selection of Food Important. Selection of Food important.

The surest way to keep and restore health is to supply the normal conditions of life, which implies a natural diet containing all the elements of nutrition in true proportion, and based on the proper selection of food for each meal. For it will not do to mix all kinds of otherwise proper food in one meal, but we must made a meal of such toods as are compatible. Otherwise we will turn our stomachs into an acid and gas factory.—The Naturopath.



or earth, so hurt Of human discontent and grief and pain

EVERY DAY LUNCHEONS

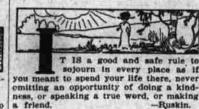
A nice hot dish for a change is pound or two of mutton, cut in pieces and browned in a little hot fat in the frying pan, then add a pint of sliced carrots and cook in a fireless cooker or on the extreme back of the stove. well covered, for two hours or more. Just before serving, add a cup of canned peas. Season the meat after it is well browned, before the carrots are added, when water to cover is also

Another nice carrot dish is one cooked with peas, an onion and a bit of bacon. Cook the carrots, peas and onion until tender, add the bacon fried brown and cut in dice; add enough milk to make a sauce.

Liver With Onion Sauce,-Dredge thin slices of liver with seasoned flour and fry brown in pork fat. Put the into a granite kettle and pour over a liver on hot platter. Fry a cupful of quart of rich chicken and veal stock. chopped onions in the fat until a light brown. Add a tablespoonful of vinegar and pour over the liver.

Cabbage With Oysters.-Select small heavy head of cabbage, cut a slice off the top and scoop out the interior carefully, leaving a thin shell. Shred the inner portion with an equal quantity of crisp celery or simply dress the salad with salt, vinegar and Spanish Salad.—Cut into dice three a few dashes of pepper. Fill the shell slices of stale bread, add an equal with fried oysters and serve with them the salad.

Bolled rice, cooked carefully so that every grain is distinct, and served with hot chocolate sauce, is a good dessert. Fig sauce is also very nice using a tablespoonful of vinegar to to serve as an accompaniment to three of olive oil, salt and cayenne boiled rice.



WAYS OF SERVING VEGETABLES.

Let us be reminded that there are more than two hundred ways of cooking and preparing potatoes, and try to learn a few new ones each week or two, to change the monotony of mashed and baked and boiled and fried potatoes, which are the common ways of serving them.

When you are cooking doughnuts, arrange to have French fried potatoes. Cut them in eighths lengthwise and til needed to serve.

Cabbage Salad.—Cabbage shredded and a small quantity of celery, a bit the salmon in the can, remove it and of chopped onion added, then a boiled vinegar cooked over hot water poured over it and seasoned well with salt has been mashed and seasoned and red pepper, makes a most desirable salad.

Swedish Cabbage.-Boll in salted water for twenty minutes a dozen good-sized leaves of cabbage. Drain them and fill with the following mixture: A pound of beef chopped fine, one egg, two tablespoonfuls of cream, one-half teaspoon of white pepper one teaspoonful of salt, one of chopped parsley. Rub the dish with the cut side of a clove of garlic. Mix thoroughly and roll each leaf arouna tablespoonful of this mixture; trirb the ends neatly and tie or skewer. Lay in a dripping pan, with a pint of stock or butter and water. Baste frequently, and bake for half an hour, or intil tender. Remove the rolls, thick en the gravy and pour over the cabbage.

Scalloped Onlone.-Parboil a sufficient quantity of onlong for the family, prepare a cup of white sauce by cooking together two tablespoonfuls each of butter and flour and a tea spoonful of salt, a cup of milk added, then cook until thick. Add white pepper and pour over a layer of onlons, then sprinkle with cheese; add another layer of onions and white sauce. and finish the top with buttered

Nellie Maxwell.

ok Agent-Can I sell you an encyclopedia?

Wigwag—No: I'm going to marry a girl from Boston, so I don't think I'll need it."—Philadelphia Record.

"How many fellows called on your ister last week. Bobbie?" "Five."

"That doesn't include me, does it? "Oh, no, sister says you don't

William Culien Bryant's First Book
One of the rarest books in the
United States, there being only five
or six known copies, is William Cullen Bryant's "Embargo, or Sketches
of the Times; A Satire, by a Youth
of Thirteen." A copy recently sold
for \$3,000. It was printed in 180s.
Two years after its publication, the

Securing Titles Heavenly Homes

By REV. HOWARD POPE.

TEXT-"In my Father's house are many mansions; I go to prepare a place for you."-John 14:2



In dealing with a person, we must first find out where he stands. It is quite important to know whether he is interested or indifferent, whether he as doubts or difficulties which really trouble he is only justifying himself by his

own good works,

or by the faults of

others. If he has one into an inquiry room, or remained for an after-meeting, it is perfectly proper to ask if he is a Christian. You can say, "I hope you are a Christian," or something which will draw out an expression of opinion. If the person is an entire stranger, and one whom you have met outside of a religious meeting, you can enter into conversation on some general topic, and rapidly lead up to the subject of salvation. It is surprising how soon an opportunity will occur for the main question, when one is prayerfully seeking to be led by the Spirit.

Riding through the country with a pastor, the writer came to a house where the town poor were kept. An old man came hobbling up from the barn and the following conversation occurred:

"Where are you going, my friend, when you move away from here?" "I don't know, I'm sure." "I should suppose that you would

go to the place which they are preparing for you." "What?" he said, with a look of sur

"I understand that they are building a fine home for you, and I should think you would want to move into it when "What do you mean?" he asked

with great eagerness. "Well," said I, "the good Book says, 'In My Father's house are many mansions; I go to prepare a place for you; and if I go, I will come again and receive you unto myself; that where I am, there ye may be also.' If I were you, I should plan, when I left this poorhouse, to move into my man-

"Oh," said he with a smile, "you mean heaven."
"Certainly." I replied.

'Well," said he, "I hope I shall go to heaven." "Of course you do, but what rea-

son have you for thinking that you will go to heaven?" "I think good people are going that

"That is true, but they do not go to heaven unles they have a title to one of those mansions. Have you se cured your title?"

"No," said he sadly. "I haven't." "Yes, of course I would." "You can get it right here if you

wish. I am authorized to issue those "I certainly would like to get one if you can tell me how." The Bible says, 'All we like sheep have gone astray; we have turned

every one to his own way.' Does that apply to you, my friend?" "Yes, I have had my own way right

along." "The Bible also says, 'Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto the Lord, and he will have mercy upon him.' Are you willing to repent of your sins and call upon God "Yes, sir, I am."

"Are you willing to give up your own way, and henceforth walk in

"Jesus says, 'Behold, I stand at the door and knock; if any man hear my voice and open the door, I will come into him and sup with him, and he with me.' You hear his voice. Are you willing to open the door of your heart and invite him to come in and take possession of your life?"

"Do you here and now accept Jesus Christ as your personal Saviour?

"I do," he said, solemnly. Will you shake hands with me, as

"Yes, sir," and he did so most heart-

"Very well," said I. "Now let us tell the Lord just what you have told me. Take off your hat. He did so, and I removed mine, and we had a few words of prayer. Then I gave him a little covenant to sign and keep as a minder of what he had promised the Lord, and of what the Lord had promlacd him. By this time the pastor had joined me, and I drove away. It was a seed sown by the wayside, and all I could do was to follow it with

prayer.

From that day the old man m to get down to church each Sunday, though it was several miles away, and he was quite lame. Soon he came before the church and asked admission on confession of faith, passing a good examination.



Straighten That Lame Back!

Backache is one of Nature's warnings of kidney weakness. Kidney disease kills thousands every year. Safety is only certain if the early warnings are heeded while help is possible. Doan's Kidney Pills have helped many thousands to get rid of backache, strengthen weak kidneys and regulate bladder and urinary disorders.

Don't neglect a bad back. If your back is lame in the morning, if it hurts to stoop or lift, if the dull aching keeps up all day, making work a burden and rest impossible—suspect the kidneys. If the urine is off color and shows a sediment; if passages are irregular, too frequent, too scanty, or scalding, this is further proof. There may be dizzy spells, headaches, nervousness, dropsy swellings, rheumatic attacks, and a general tired-out, run-down

Use Doan's Kidney Pills, the remedy that is publicly recommended by 100,000 persons in many different lands. Doan's act quickly, contain no harmful nor habit-forming drugs and are wholly harmless, though remarkably effective. From Serious Dropsy To Perfect Health

From Serious Dropsy To Perfect Health

D. J. Donovan, Larchmont. N. Y., says: "At one time my right leg was so badly swollen with dropsy that it was twenty-four inches around. Last winter there were three doctors in attendance almost constantly. My back felt as if it were being prodded constantly by a hot iron. My skin was cold and clammy and I had run down from 210 pounds to about 150. I was all discouraged and on the point of giving up hope. Dosn's Kidney Pills were brought to my notice, and I began using them. I improved rapidly and was soon up, but so thin that I could not weer my clothes at first. I kept on taking Doan's Kidney Pills and when I had used eight boxes, had regained 40 pounds."

When your back hurts, when your kidneys trouble you, when you feel tired, worn-out or depressed, don't simply ask for a kidney remedy—ask distinctly for Donn's Kidney Pills, the same that cured Mr. Donooan, and make sure the name DOAN'S is on the box.

"When Your Back is Lame-Remember the Name"

At all Dealers or by Mail. Price 50 cents. Foster-Milburn Co., Buffalo, N. Y.

Take Your Choice of Twenty Million Acres, Free!

New Homestead Law Gives Full Title to 320 or 160 Acres in the Great Northwest in Three Years





The Man Who Put the EEs in FEET Look for This Trade-Mark Pic fure on the Label when buying

ALLEN'S FOOT-EASE

Salesmen Wanted W. T. HOOD & COMPANY

LEARN TELEGRAPHY

Charlotte Directors MONUMENT