

**Doctors Prescribe It**  
for  
**Rheumatism, Sprains, Sore Throat, Chills, Etc.**

**Says** Dr. S. Wood, Jackson, Mo.—"Mexican Mustang Liniment is a most excellent preparation. In my practice I have used it for Rheumatism, Sprains, etc., and it never failed to effect a cure."  
Dr. J. L. Gunn, Ashland, N. C.—"After 20 years' experience I will say that Mexican Mustang Liniment is the best remedy for general use that I have ever tried. I often prescribe it."  
Dr. W. A. Frester, Homer, Ky.—"It possesses great virtues. The more I use it the better I like it."

**FREE** Write for beautiful **BOUVENIR PEN-CIL**, sent absolutely free with complete directions for using Mustang Liniment for family ailments, and for livestock and poultry. Lyon Mfg. Co., 45 South Fifth St., Brooklyn, N. Y.  
**25c - 50c - \$1.00**

Sold by Drug and General Stores  
The Old Standby **MEXICAN** Since 1848

**MUSTANG LINIMENT**

**RHEUMATISM** successfully treated. Former pharmacist in U. S. Government hospital now offers private prescription. Fifteen years' success. Write today. No obligation.  
J. S. WOODWARD, Chief Chemist  
Rheumagone Laboratories Phoebus, Va.

**Avoid & Relieve COLDS**

**INFLUENZA MALARIA**

BY TAKING

**WINTERSMITH'S W CHILL TONIC**

It is a Reliable General Invigorating Tonic

**FROST PROOF Cabbage Plants**

Early Jersey, Charleston Wakefield, Flat Dutch, Succession. Postpaid, 100, 200, 300, 500, \$1.00, 1000, \$1.50. Charges collect—100, \$1.00; 500 at 90c; 1000 at 80c. Sierra Nevada, Lettuce, Coliard, Kale, Brussels Sprouts, Beets, Kohl-Rabi plants same price. Satisfaction guaranteed.  
D. F. Jamison, Summerville, S. C.

**CHENEY'S EXPECTORANT**

**Instant Relief** for  
**Whooping Cough, Croup & Colds, Bronchial Troubles**  
USED SINCE 1872

**Green's August Flower**  
The remedy with a record of fifty-seven years of surpassing excellence. All who suffer with nervous dyspepsia, sour stomach, constipation, indigestion, torpid liver, dizziness, headaches, coming-up of food, wind on stomach, palpitation and other indications of digestive disorder, will find GREEN'S AUGUST FLOWER an effective and efficient remedy. For fifty-seven years this medicine has been successfully used in millions of households all over the civilized world. Because of its merit and popularity GREEN'S AUGUST FLOWER can be found today wherever medicines are sold. 80 and 90 cent bottles.

It is Efficient.  
The reason lightning doesn't strike twice in the same place is because it finishes the consumer the first time.—Duluth Herald.

**MISERY IN HEAD, COULDN'T REST**

**Ohio Lady Was Suffering From Womanly Weakness, But After Taking Cardui She Grew Strong and Well.**

Chillicothe, Ohio.—"Cardui is my standby as a tonic," says Mrs. Mary Smith, of 677 Orange St., this city, after relating her experiences in the use of that well-known medicine for women.

Some years ago, Mrs. Smith says, she found herself in such a serious condition from some womanly weakness that she could do no work and scarcely could get up or down. "I had misery in my head," she says, "and just ached at times till I couldn't rest. I would have dizzy, fainting spells and just stagger. I didn't have an appetite."

"Some one told me I needed a good, woman's tonic. I asked and was told Cardui might help me. I began to use it and, after a short time, I could see I was being gradually made stronger."

"I quit having the weak spells. I ate and seemed to relish what I ate. I could sleep without waking up at night. I grew strong and well and when the . . . came around, I had very little trouble."

For sale everywhere.  
Try your drug store first.

**Take CARDUI The Woman's Tonic**

W. N. U., CHARLOTTE, NO. 3-1924

**MAKE BAKING-POWDER BISCUIT WITH MILK**

Government Recipe Gives Plan for Substituting Milk.

(Prepared by the United States Department of Agriculture.)

In many recipes for hot breads and cake, sour milk or buttermilk and baking soda may be substituted for sweet milk or water and baking powder, or vice versa. To guard against an excess of soda, which causes a yellow color in the bread and a less agreeable flavor, use a scant one-half level teaspoonful of soda to every cupful of sour milk. The soda may be sifted with the other dry ingredients, as is recommended when using baking powder, insuring thorough mixing.

In using either baking powder or sour milk and soda, all materials should be cool, especially the liquid, and in case of pastry and biscuits it is well also to keep the shortening cold, although it is not always necessary.

The mixing should be done as quickly as possible, especially after the baking powder is moistened, to minimize the loss of leavening gas. Biscuits should be rolled, cut, and placed in the pans as soon as possible after mixing. If necessary, they may stand in the pans before baking with comparative safety if kept cold.

The United States Department of Agriculture gives the recipe below for plain baking-powder biscuit which can be made with either sweet or sour milk.

Plain Baking-Powder Biscuit.

2 cupfuls sifted 2 tablespoonfuls flour  
1/2 teaspoonful salt 1/2 to 3/4 cupful liquid (milk, water or equal parts of each)

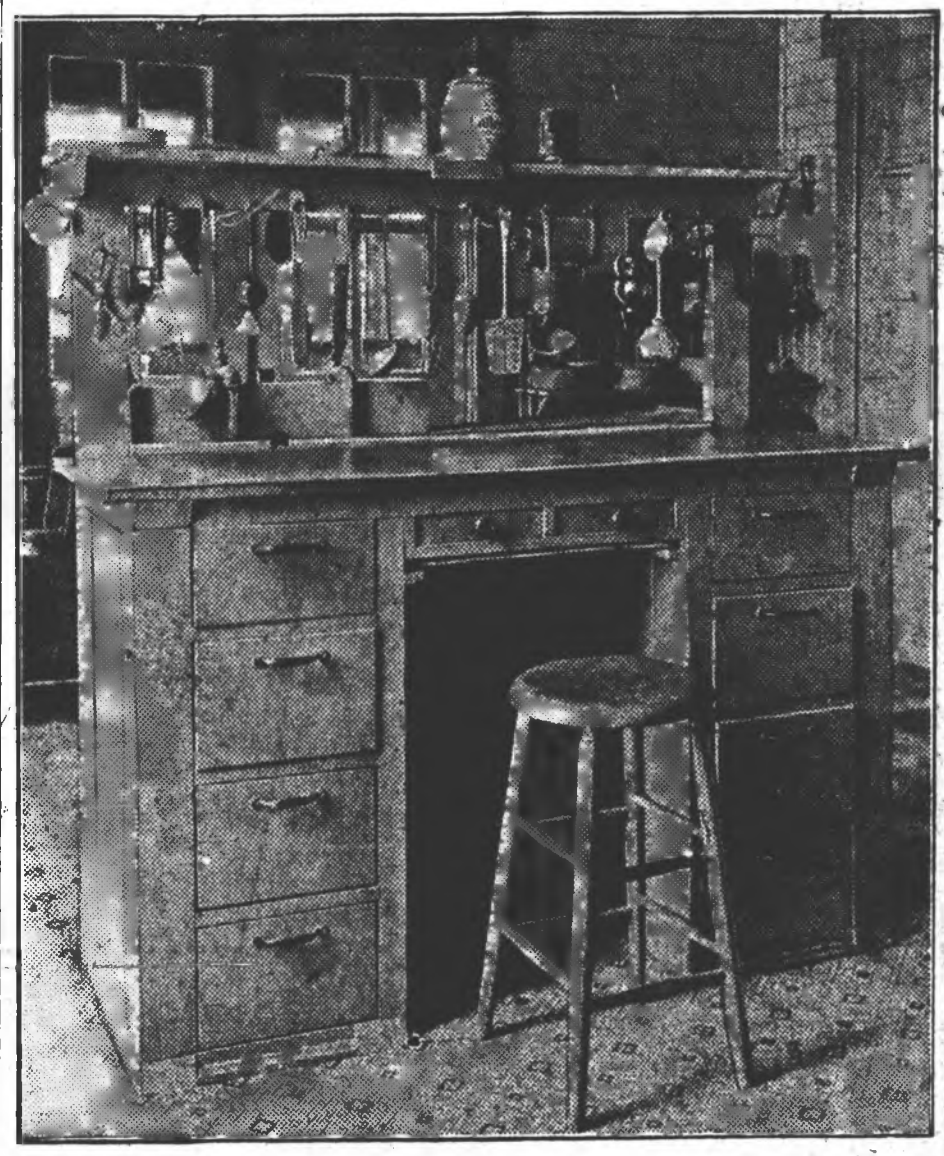
Sift together the flour, salt, and baking powder. Cut or chop the shortening into the flour with one knife or two, until well distributed. Finally, if necessary, rub the mixture



Plain Baking-Powder Biscuits.

between the tips of the fingers until it is like a meal. Add just enough cold liquid to make a soft dough that can be handled on the board, mixing with a knife if possible. Mix quickly and handle the dough very lightly. Place it on a floured board, roll to the thickness of one-half inch, and cut into desired shape. Place the biscuits on a baking sheet or in shallow tins and bake in a rather hot oven ten to fifteen minutes, or until thoroughly baked.

**NEW IDEA IN KITCHEN ARRANGEMENT**



Plan of Progressive Virginia Housewife.

(Prepared by the United States Department of Agriculture.)

An unusually progressive housewife of Albemarle county, Virginia, has evolved a totally new idea in kitchen arrangement. She worked out the plan after consulting the county and state home demonstration agents, who reported what she achieved to the United States Department of Agriculture. Instead of placing her sink, cabinet, towel drawers, work counter and rack for small implements along the kitchen walls, this woman had a large square table built in the middle of her kitchen, with a sink and drainboard on one side of it and drawers and cupboards on the other. Lengthwise down the middle of the table between the sink and the cabinet a rack is erected such as one sees in a hotel kitchen. From this rack are suspended the egg-beaters, spoons, skimmers, ladles, cake turners, and other small ware that can be hung up. Above it is an eight-inch shelf for other implements which cannot be conveniently placed on hooks. A slatted shelf below the sink accommodates the dishpan and large cooking utensils, as well as cleaning materials. On the work side of the table is kept a high stool, on which the housekeeper can sit in comfort when preparing fruit or vegetables, or doing other work at which she does not need to stand.

**AMBER GOOSE**

Citrus

(Prepared by the United States Department of Agriculture.)

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"Will some one give me a m ber?" "Fifty-two," said another lad. The inspector wrote down 25 on the board and smiled at the teacher. He called for another number and Jack called out: "Seventy-seven. Now see if you can change that."

**Plane in Lighthouse Work**

The United States lighthouse service has just found the airplane a present help in time of trouble. It was recently decided that, in the cause of better navigation, a beacon should be placed on Kaula rock, the top of an old crater, which juts out of the ocean about twenty miles from the island of Nihaa, Hawaii. The rock presented sheer cliffs on all sides and was surrounded by open seas so that nobody could land on it to locate the best place for the light. Naval aviators in a seaplane, however, flew over the rock and took photographs which will enable the lighthouse experts to determine the best place to attempt a landing and place the beacon.

**New Alloy for Tool Steel**

It was during the war that there was discovered in England a new alloy for tool steel. The shortage of tungsten, it appears, caused the manufacturers to seek a substitute. The up-to-date steel is a Sheffield product, high in chrome and cobalt. It comes to this country in pigs. A firm here melts the pigs and casts the metal in the form desired, in molds that allow for shrinkage, as in the case of soft steel. The customer then machines the tools to the dimensions that he desires. The alloy comes in blanking, drawing and forming dies, hot and cold trimmers for forge work, milling cutters, counter sinkers, slotting saws and bending rolls.

**Traces Ship's Course**

Disasters like that which befell the American destroyer squadron on the Pacific coast recently will be made impossible, it is asserted, by a new course tracer, called the nautigraph, invented by Lieut. Alfred Baule, of the French navy. The instrument is said to indicate instantly, without need for any calculation, the position of the ship on the chart, the possible error not exceeding one-fifteen-hundredth of a degree. Lieutenant Baule has also invented a device which records the ship's speed, much as a speedometer does on an automobile. This has been adopted by the French navy.

**What Mississippi Carries**

If all the material carried by the Mississippi river to the gulf in one year were placed on one square mile it would be nearly 870 feet high.

**Curative Powers of Sun for Various Diseases**

A correspondent wants to know which kind of light and what part of the light ray are capable of curing tuberculosis of bones and glands, ticks and some other diseases. As information accumulates, it becomes plain that light which benefits one disease harms another. To cite one illustration, when light is used in a certain way on bone tuberculosis, cure results. The same light, used in the same way, on a case of consumption with fever

**"Miss America" Declares Tanlac Wonderful Health Giving Tonic**



Miss Campbell is "Miss America" crown which she has won on two occasions. Photo by Atlantic Photo Service.

"I have taken TANLAC and I do not hesitate to say that it is a wonderful health-giving tonic. It has brought relief and good health to many women, and with good health one may have a measure of beauty that will overcome shortcomings in face and figure.

"Rosy cheeks, sparkling eyes, a well-rounded figure, a lovable disposition, go hand in hand with good health. To those searching for beauty, I would say—'First of all, Find Good Health.' The TANLAC treatment has proven itself a boon to womanhood, and I recommend it."

Miss Campbell has written a booklet on Health and Beauty which may be secured by filling out the coupon below.

**PROPRIETARIES, INC.**  
ATLANTA, GA.  
Send me (stamps will do), for which send me Booklet on "Beauty and Health."  
Street.....  
State.....

No place is better than the old home town if you can get most of its inhabitants for customers.

Use of Roman Eye Balsam at night will prevent and relieve tired eyes and eye strain. 372 Pearl St., N. Y. Adv.

Quite often people who utter nothing but trivialities in conversation, don't want to say anything.

**Demand BAYER ASPIRIN**

SAY "BAYER" when you buy—Genuine  
Proved safe by millions and prescribed by physicians for

Colds Headache Neuralgia Lumbago  
Pain Toothache Neuritis Rheumatism

Genuine Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark of Bayer Manufacture of Monoceticoester of Salicylicacid

**Rate of Soldiers' Pay.** A private in the United States army receives \$1 a day, while soldiers in the British army receive 69 cents; in Japan, 6 cents; France, 5 cents, and Italy, 4 cents.  
**More Important.** Blake—Don't you think it a good idea to rate all cars according to their horse power?  
Drake—Not as good as rating all drivers according to their horse sense.

**Children Cry for**

**Fletcher's CASTORIA**  
MOTHER:— Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants and Children all ages.



To avoid imitations, always look for the signature of Dr. H. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.