

**Has Strength, Energy
Of 20 Years Ago**



ROBT. A. STRATE

"I suffered ten years with a bad case of stomach trouble as any man ever had. It was impossible for me to ever enjoy a meal without suffering. I was terribly rundown.

"Five bottles of Sargon made me feel like a new man. I have gained sixteen pounds and have as much strength and vitality as I had twenty years ago.

"I have never found anything to equal Sargon Soft Mass Pills. They regulate me perfectly."

Robt. A. Strate, 425 West 24th Street, Oklahoma City.

Turner Drug Company, Agents

**Hints
for the
Home**
by Nancy Hart

PORK CHOPS
A good way to cook pork chops this time of year is to put them in a casserole with a quantity of cut-up apples. First lay a chop in the casserole surrounding it with sliced apples, add a scant sprinkling of pepper, with the merest suspicion of nutmeg or mace. Then add another chop

and then more apples. The casserole should not be too full, and it should be kept covered throughout the cooking.

Another way to cook pork chops in the casserole is to butter the casserole and then line it with a goodly layer of cooked rice. Lay in the desired number of chops, pour over them cooked tomatoes to which have been added a little chopped green pepper and onions if desired. Then add more cooked rice. Moisten well and cook in casserole. Cook when raised from the rice for an hour or until the chops appear to be thoroughly done. About five minutes before taking from the oven remove the cover and add a little butter to the top of the rice.

To prepare pork chops with bread crumbs, use about a cupful of bread crumbs for six chops. Use with this a piece of salt pork about the size of an egg or two slices of bacon. Put the bread and the pork or bacon through the meat grinder with half a small onion. Season with salt and pepper and moisten with hot water then lay it over the chops which have been placed in a dripping pan. Cook in the oven adding more water as needed. They should cook about an hour in a moderate oven.

OUR LAYER CAKE

Most of us when we say cake can layer cake. One of the things that the American travelers in Europe is the lack of this American delicacy. The French by cake usually mean a small very richly frosted cake; the English mean rather dry loaf cakes. And some Americans go from tea shop to tea patisserie looking for a piece of luscious chocolate or coconut layer cake.

Foreign visitors to this country sometimes think our cake is indigestible and over rich. However even a rich chocolate cake is a perfectly wholesome dessert if it is well made. Furthermore it should be eaten alone and not as an adjunct of a rich ice cream.

There seems to be a general objection to fresh baked things, and diet food specialists have pointed out that fresh cake, if it is thoroughly masticated, is more easily digested than cake a couple of days old. The butter once it has been cooked, is better fresh than after it has stood and this makes fresh cake more digestible.

Of course children must be taught to masticate any fresh baked bread or cake very thoroughly. If they do this will not hurt them unless it is too rich or mace. Then add another chop



**THE FAMILY
DOCTOR**
By JOHN JOSEPH GAINES, M.D.

He lived about thirty miles from me, in a not very noisy farm district. I had not even heard of him until about two years ago; I at once made up my mind to go and see for myself the results of a hundred and one years on the human body, and how the man managed to attain such great age.

He was sitting by the open fireplace, fully dressed, and could not have been mistaken for an invalid by even an unpractised eye. He was chewing tobacco, calmly, utilizing the only tooth that I could see. He greeted me pleasantly, saying he was glad he was not in need of my services—in which I acquiesced with all my heart.

He said he had lived pretty much as he pleased; had eaten and drank and slept when he felt like it, and had stopped when he had enough. He had made it a point above all else, to do

enough work each day to compensate for the blessings he had received; and, as in the eating and drinking, he had stopped working when he had done exactly enough; tomorrow would always provide a new day; he did not propose to do two days work in one.

What an example here of right living! Our modern man of business might add years of life and happiness, by adhering to the simple philosophy of this old man, who had proven he knew how to live.

He never ate heavy suppers; he "didn't sleep good if he overate for supper." He believed he "relished his breakfast a little better than the other meals—the he enjoyed them all. You'll laugh at me," he ventured, "but I'd rather have a glass of good buttermilk and three or four cookies for supper than any of your new fangled fixin's."

This grand old patriarch died at 102. Just got ripe and fell off the tree! Isn't he worth thinking about? Why not? Hasn't he made of life the greatest success possible?

**50 'PHONES WILL BE
INSTALLED IN HOUSE**

High Point, April 17.—The new mansion being constructed at Winston-Salem for Bowman Gray president of the R. J. Reynolds Tobacco Company, will have 50 telephones in it, the same number placed in Henry Ford's mansion and the same type, it was learned today. This home, one of the most beautiful in the south is to have a private exchange with a number of trunk wires into the Winston-Salem exchange.

The work of installation has been started under the direction of Thomas A. Tilden, of High Point, who is associated with his brother Robbins Tilden, Southern agent for the Automatic Electric company, of Chicago the concern that has the contract for doing the telephone job for Mr. Gray's home. Both of the Messrs. Tilden are identified with the North State Telephone

company, of High Point.

Mr. Gray will have an operator at his private exchange because it, like Mr. Ford's, also like the one in the Vanderbilt home, the Carnegie castle in Scotland, the Andrew W. Mellon home, the C. F. Kettering yacht "Olive K," and a number of others, is of the automatic type. The same system is used in High Point and a number of other North Carolina cities and will be

installed this year at the Greensboro exchange.

666 TABLETS

Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day, and checks Malaya in three days.

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**THE NEW SUPER-AUTOMATIC
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KELVINATOR, never deviating from its path of making electric refrigeration even more trouble-free, more convenient and more

economical, has designed its newest product to be 100% automatic in operation.

There is nothing to regulate—whether you want speedy freezing of ice cubes and desserts or delicate foods kept at their palatable best for hours and days at a time.

Iso—Thermic Tubes —A Startling Advance In Electric Refrigeration

A new Kelvinator discovery—Iso—Thermic Tubes—make possible far faster freezing of ice

cubes. For example, the mere placing of a tray of water in a special ice compartment concentrates intense freezing power in this direction. Ice is ready in a remarkably short time. Desserts in a correspondingly brief period. Yet food compartments remain always at the same safe temperature—between 40 and 50 degrees—neither too warm nor too cold.

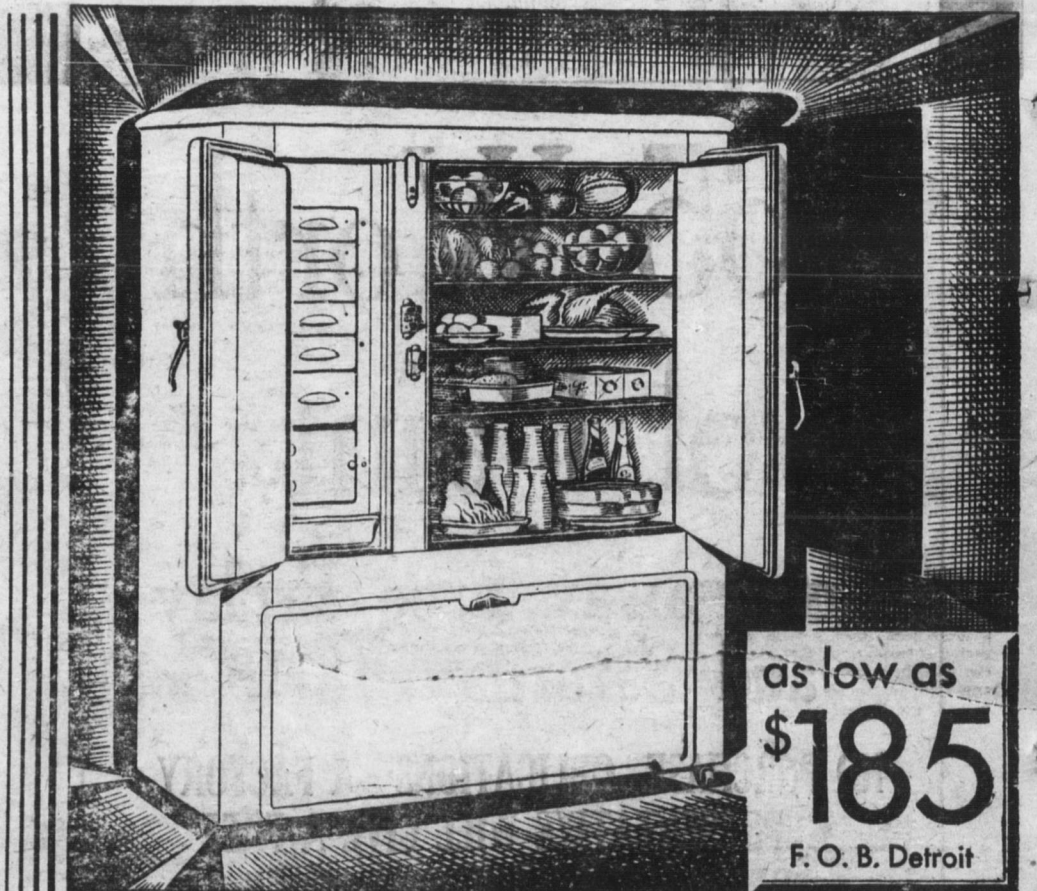
Not content with bringing you the finest automatic care of food and far faster freezing of ice cubes, Kelvinator surrounds this more efficient service with fresh beauty and sterling quality in cabinet construction.

New Metal Cabinets—Will Last a Life-time

Each new Kelvinator—and they are priced as low as \$185, f. o. b. Detroit—is of rugged metal construction porcelain-lined throughout to permit easy cleaning.

Massive chromium-plated hardware in dull finish adds to the attractive appearance and durability of these models. Larger models are equipped with separate cold storage chambers and are electrically lighted.

To know how much more value your refrigerating dollar now commands, see the new Super-Automatic Kelvinators on display at our showrooms. You will be surprised to learn how easily you may enjoy Kelvinator's many new conveniences immediately under our monthly budget plan.



Features Which Place Kelvinator Years Ahead in Modern Refrigeration—

- 1 Iso—Thermic Tubes—giving new fast freezing of ice cubes and desserts. Fully automatic—no regulation needed.
- 2 Balanced Refrigeration—separate temperatures for food preservation, cold storage and ice freezing.
- 3 The Cold-Keeper—Holds cold over longer periods—thus reducing operating periods of mechanical unit.
- 4 Abundant Ice Supply—Capacities up to 35 pounds of ice at a single freezing. New flexible rubber ice tray.
- 5 New Metal Cabinets, Porcelain-Lined—Last a life-time without deterioration. Larger models electrically lighted.
- 6 Generously Powered—Each Super-Automatic Kelvinator shows 100% overload capacity under test 1. room with 100 degree temperature.

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