Backache Gone---**Gained Fifty Pounds**

For about a year I suffered with pairs in the back and would be very tired v ben arising in the morning, with burning sensation. I dropped in weight to 110 poun a. I read one of your advertisements and commenced taking De. Klimer's bwamp-Root and gained from 110 to 150 pounds. I have seen feeling good ever since. I took your oottles of Dr. Klimer's Bramp-Root altogether and I highly recommens it to my friends as a good remedy for any one suffering as I did.

I am employed in a store and have to be on my feet all the time. I am thirty-four years old.

Very truly yours,

Very truly yours T. H. MORGAN, Elizabeth City, N. C.

this 10th Personally appeared before me this 10th day of April, 1912, T. H. Morgan, who subscribed the above statement and made oath that the same is true in substance and in fact.

J. KENYON WILSON. Notary Public.

Prove What Swamp-Root Will Do For You Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Coal for Thousands of Years. The results of the investigation of the world's coal resources undertaken by the International Geographical con gress in 1913, have just been pub-They show that there is a reserve of unmined coal estimated at 7,398,561,000,000 of tons, of which two-thirds are situated in North America between the Rocky mountains and the Appalachians.

As the present annual consumption is about 1,300,000,000 tons, there is enough coal in sight to last nearly 6,000 years at the present rate of consumption, and it must be remembored that South America and Africa are still largely unexplored.

DON'T MIND PIMPLES

Cuticura Scap and Ointment Will Banish Them. Trial Free.

These fragrant supercreamy emollients do so much to cleanse, purify and heautify the skin, scalp, hair and that you cannot afford to be Bosides they meet without them. every want in tollet preparations and are most economical.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.-Adv.

The Burning Question Queenle-Have you ever kissed a

Oswald-Is that an invitation or are you gathering statistics.

Knicker-I'm thinking of studying

Bocker-Plain, martial, unwritten or



TRY THE OLD RELIABLE WINTERSMITH'S CHILL TONIC FOR MALARIA CHILLS &

N. C. State Board of Health states that 40% of this of children could be prevented. Brazerie Menties, for only servents, but cures Croup-neumonis, Colfe and affections of the sir pai-mention of the Colfe and affections of the sir pai-sar at all dealers or sent Past Pall on receipt of Bampie and interesting boulds eart in e-fampie and interesting boulds eart in e-



BECOME POPULAR



Unfortunately, being busy does not always mean that we have accomplished useful work. Perastent hurrying is more often due to a state of mind than to a state of circumstances. Perpetual bustle may count for very little in the way of achievement.

FRUIT DESSERTS.

For the forehanded housewifes who nade hay while the sun shone or in words put fruit in its season, there are dainty dishes which

may be prepared with but little trouble through the winter months. The berries winter which have been put up without cooking, simply mixing with sugar after crushing, will be just the thing for these dishes.

Farina With Fruit.-Put a quart of on to heat, when boiling add a cupful of faring, stirring until perfectsmooth. Cook until well done, cool. add two beaten eggs, a half cupful of sugar, the grated rind of half a lemon, a teaspoonful of lemon juice and a fourth of a cupful of chopped almonds. Pour into a buttered pudding dish and bake until slightly brown. Serve hot or cold with currents, put up without cooking.

Cornstarth Pudding and Black ries .- Take a tablespoonful and a half of cornstarch, add a half cupful of sugar and mix well, then stir in three cupfuls of rich milk, cook until well done, add a beaten egg and pour into molds. Serve with sugar, cream and blackberries, put up uncooked.

Peach Pudding.—Mix together a cup-ful of flour, half a cupful of nut meats. a pinch of salt, two cupfuls of bread then add three beaten eggs, two tablespoonfuls of lemon fuice, a cupful of sugar and two cupfuls of peaches. Pour into well-buttered molds and steam two hours. Serve with cream.

Fifteen-Minute Pudding,-Take cupful of sifted flour, a teaspoonful of baking powder, a half teaspoonful of salt and a half cupful of milk. is usually enough, though it may be necessary to add a little more milk Beat well and drop into buttered cups, a tablespoonful to each cup, then add a teaspoonful of sweetened. crushed fruit, juice and all (cherries are especially good), then another spoonful of the pudding mixture, and set the cups into a pan of boiling water; cover closely and let them cook for 15 minutes. Then serve with sugar and cream.

It is by the real we exist;
It is by the ideal that we live.
Would you realise the difference?
Animals exist, man lives.
—Victor Hugo.

WHOLESOME DISHES.

The following dishes are favorites and among them you may find the recipe for which you have

been searching Salmon Loaf.-To can of salmon carefully finked and all bones and skin removed, add a tablespoonful of lemon juice, three-fourths of a

cupful of bread crumbs three beaten eggs, a tablespoonful of chopped parsley, a third of a cupful of milk, a tablespoonful of butter, melted; mix well and pack in a mold. sprinkle with crumbs, add salt and pepper to season and bake 30 minutes

Serve hot. Potato Cake,-This cake is a g favorite because of its keeping quali ties. Cream a cupful of butter, add two cupfuls of sugar, and the yolks of four eggs, well beaten; then add a cupful of cold mashed potato, beat well; then add a half cupful of milk, two cupfuls of flour, sifted, with two teaspoonfuls of baking powder two teaspoonfuls of cinnamon, one and a half teaspoonfuls of cloves, a half cupful of grated chocolate; mix ell, then add two cupfu walnut meats, a teaspoonful of vanilla; then fold in the beaten whites, add a pinch of salt and bake in a shallow

pan for 50 minutes. Boston Brown Bread.-Mix three fourths of a cupful each of cornmeal ful and a half of sait, a tablespoonful of soda; mix all together and then add a cupful of buttermilk, a cupful of molasses and then another cupful of sour or buttermilk. This makes two loaves, steam for eight hours. The long steaming adds flavor as well as

richness of color. Sweet Potato and Oyster Croquettes

—To two cupfuls of mashed sweet po tato add one cupful of oysters, in pieces; one cupful of sweet milk Stir in two well beaten eggs, one tea spoonful of sugar, one-half tesspoon ful of salt, a dash of cayenne. Form into balls, roll in beaten egg, the crumbs and fry in deep fat.

Neceie Maxwell

Distinction is Van Buren's. The first president born in the United States after the signing of the Dec aration of independence and the en ablishment of national unity was Mar in Van Buren, who was born in the tate of New York in 1782

Need Innocent Amusement It is doing some service to human y to amuse innocently. They know at little of society who think we in bear to be always employed ther in duties or meditation, with or relaxation. Where

EVER-WELCOME PUMPKIN PIE

Improvements Have Been Made on Cooking Methods Used by Our Grandmothers.

Our grandmothers often baked their oumpkin ples in square biscuit tins, and always with a scalloped While their pumpkins came without exception straight from the field—the heaviest golden sphere they could com-pass—we of today are in many cases forced to use the canned pumpkin, and excellently good it is. If fortunate enough, however, to get the genuine pumpkin, it seems more "Thanksgiving" to follow grandmother's example from the start. In this case having caught your pumpkin-a small sweet sugar one preferred-wash, cut without peeling, scrape out all the woody fiber, then put over the fire on the back of the stove. Add just a on the back of the stove. And just a little water to keep it from sticking on the bottom, cover closely and steam gently for six or eight hours. At the end of this time the pumpkin puip should be thoroughly cooked in its own Take up, cool a little, then puil off the skin with a sharp knife. Press through a sieve and let it stand overnight in a press so as to remove the superfluous liquid. When ready to bake, measure the pulp and to every five cupfuls allow one teaspoonful of salt, half a grated nutmeg, a tablespoonful of mace, two teasponfuls of ginger and a large cupful of sugar. Beat four eggs and stir into the pumpkin pulp, together with four cupfuls of sweet milk and a half cupful of cream. Beat well and taste to see if it is sweet enough. Turn into plates lined with good pastry and bake three-quarters of an hour until firm in the center and a rich, golden brown. Serve with good American cheese.

WASTE IN THE HOUSEHOLD

Buy the Nonbreakable Kind of Uten-sils and Then See That They Are Well Carod For.

Brooms acrubbing brushes and soap alcohol. are wasted needlessly. Brooms should be hung by the handle or rested on Scrubbing brushes should be put to dry with the bristles down. Soap should be kept in a wire dish to prevent dissolution by the water, Postey brushes and grease brushes should be washed and rinsed as soon as they are used, and put to dry. Old tablecloths should be cut into squares and hemmed to use over the table or screens for bread, buns or when coofing cakes. They also make ceedingly nice window or silver cloths. Save the salt and flour bags and use them for greens, lettuce and parsley that are to be put on the ice.

Furnish your kitchen, if you wish to be truly economical, with nonbreakable utensils. Insist on their being properly cared for and see that each utensil is used for the purpose intended.

To prevent breakage use graniteware plates in your refrigerator inof stoneware, granite mixing powls instead of the old-fashioned yellow earthen bowls and tincups for neasuring purposes. — Good House keeping Magazine.

Tasty Cutlets.

Boil half a pound of macaroni for half an hour in salted water, strain and cut into inch lengths. half a pound of finely chopped Melt in a small stewpan one ounce of butter and a tablespoonful of flour, add a teaspoonful of milk, enner and salt and powdered mace to taste. Cook all together for moments, stirring constantly; add the beaten yolk of an egg, with the macaront and yeal. Stir all together and simmer for a few moments. Pour on to a flat buttered dish, and when cold cut into neat cutlets, flour well, dip into egg and breadcrumbs, and fry in fat. Drain well, and serve with a garnish of brolled tomatoes.

Split Pea Soup With Ham Bone. Wash one pint of split peas in cold water and drain. Add an onion quar-tered, with three cloves stuck in each quarter and a little sprig each of pars-ley, celery and a bay leaf. If you have

no celery, use celery salt.

As soon as the contents of the kettle reach a good boil, push back on the fire and simmer three or four hours with a ham bone or bacon rind, until the peas are tender. The fire less cooker is a good place for this overnight. When ready to use, press with pepper and salt, heat and serve with croutons.-Ladies' World.

Mock Cherry Pie. One cupful cranberries, cut open half cupful raisins chopped fine, one cupful sugar, half cupful boiling wa-ter, one tablespoonful cornstarch dissolved in cold water, one tablespooncranberries to remove seeds. makes one pie baked in custard pie plate-two trusts. Boil all together a few minutes until berries are dene then add cornstarch, the same as for cream pie. Add vanilla last.

Two pounds stew beef, one onion one egg, two slices of fat pork, four slices dried bread, sait and pepper, Grind beef through meat chopper, grind onion, add egg; mix together in loaf, put the pork on top, salt and pepper. Bake one-half hour.

All the Good From Potatoes Before baking potatoes, rub them lry and grease. This causes the outer ikin to peel off very thin, thus saving he most nourishing part of the po-



Conducted by the National Woman Christian Temperance Union.)

EFFECTS OF ALCOHOL. There is no experiment more scrik ing than this. Take a person who is ven a most moderate drinker of al-.lodo Let that person take his pulse in a standing position, and take it in a recumbent position in ordinary ev ery-day life, and let him do so when there is no alcohol in his body, and when there is a dose. He finds that when in health, his heart is automatically slowed when he lies down, but that under the influence of alcohol this does not occur, or is very much reduced in its character. wholly, as we know, by the fact that this tampering with the nerves has re sulted in the heart being to a certain degree emancipated from the healthy and normal discipline which it should be under, and which nature ordained that it should be under. therefore to regard alcohol as a par alytic or narcotic agent entirely, and if you investigate the reasons why necple take it, you will find invariably that it is for paralytic action rather than for the stimulant.

The feeling of fatigue which we all experience is a very healthy symptom. It is a little message from nature saying that we are overdoing it, and if alcohol is taken you cut off and stop The engineer on that nerve message. The engineer on board a steamer who tells you that his botlers are magnificent boilers be cause they never give too high or too low a pressure, and when you look at the pressure gauges you find they have been tampered with so that the correct steam pressure is not shown by them, occupies the same position as a man who explains his feelings under

I would like you to think of the body when alcohol is circulating in it as being interfered with—to use that French saying which is on the pennyin-the-slot weighing machines-"Please don't brutalize the machine. machines-Prof. W. A. Osborne, M. B., C. Ch. D. Sc.

LIQUOR TRAFFIC GOING UNDER.

The Toledo Blade calls attention to the fact that every few days there is mate extermination of the liquor traffic It says: "A brewery or dis-tillery goes out of business. A manufacturer of bar fixtures decides to manufacture something else. An indus trial plant announces that teetotalers will have first choice when jobs are distributed or promotions made, Railroad companies tighten the application of the rule against drinking revenue from beer and whisk falls off and the secretary of the treas ury looks for new sources of income And so, week after week and month after month, the forces against liquor increase in numbers, the territory wherein liquor selling is profitable be omes more and more restricted."

Dr. T. Alexander MacNichol, in one of his addresses, says briefly: "Fifty years ago men commonly believed that alcohol was food, tonic, and stimulant; but they were excusable for ignorance, as little was known of the psychology and chemistry of the blood and tissues; the action of bacteris cells was a sealed book. The inven tion of instruments of precision and the application of more exact meth ods of examination has revolutionized our attitude toward alcohol. light of modern science alcohol is not a food, a tonic, or a stimulant. In word, science has rated and classified alcohol as a universal protoplasmic poison to all forms of organic life."

PROHIBITION BOUND TO COME. and the other eastern states will align themselves on the side of prohibition, as have West Virginia, Georgia and other states. I want to say that it will be a happy day when this has been done Years of the past show that the liquor traffic has worked against the good of the country. It is an odd fact that no state in years, after adopting prohibition, has rescinded that vote. All of which goes to prove that it is prohibition that the country wants, and is bound to have within a short term of years. -Bishop Donohue of Wheeling.

A WARNING.

The public at large should be famil-iarised with the fact that one of the threatening features of alcoholism is depopulation not only quantitatively but qualitatively. It leads to a degeneration of both the individual and the species. It produces a slow and pro gressive individual deterioration and an intellectual and physical sterility of the race.—Dr. Alfred Gordon in the Journal of the American Medical Association.

ON THE INSTALLMENT PLAN. If the results of drinking were pure y personal, the complaints of the wets that antiliquor forces are trying to in terfere with the personal liberty of drinkers might carry with some force but drink is sold on the installmen out drink is soid on the installment olan. The first payment is made when you get the drink, the others when the drink gets you.—Maj. Dan torgau Smith (Former Counsel for ' tquor Interesta).

Parents Fould Know this Splendid Remedy

Simple Laxative Compound Helps to Correct Constipation in Children.

With all children there are times when the bowels fail to act naturally and it becomes necessary for the par-ents to administer a remedy. Cathartics and purgatives should never be used as these agents afford only tem-porary relief while their violent action shocks the system unduly. Mrs. Eva F. Gaff, 517 10th St., Washington, D. C., says that her little girl, Marie, had been subject to constipation, and that she found Dr. Caldwell's Syrup Pepain the best remedy because of its mild ness, and now always keeps a bottle

of it in the house.

Dr. Caldwell's Syrup Pepain is a compound of simple laxative herbs. free from opiates or narcotic drugs of any kind, and is an ideal remedy for children because of its mild action and positive effect. Its use tends to strengthen the impaired bowel action and restore normal regularity.

It is important that parents should tain a trial bottle free of charge we know of a dependable remedy with no to Dr. W. B. Caldwell, 203 Washi unpleasant after effects, griping or ton St., Monticello, III.

The Mystery.

Once there was a man who was utetly performing a task which quietly aroused the greatest curiosity amone innocent bystanders, them had ever seen anything of the kind being done before nor had the slightest comprehension of what it was nor why it should be. The crowd was constantly augmented by more comers and the mystification grew to an almost uncontrollable extent. Finally a sage appeared and to him was put the query, thing that man is doing?"

"He is minding his own business, replied the sage, and passed on.-Ex

Used Whenever Quinine is Needed Does Not Affect the Head

Because of its tonic and inxative effect LAX-ATIVE BROMO QUININE will be found better than ordinary Quinine for any purpose for which Quinine is used. Bose not cause nor-vousness nor ringing in head. Remember there is only on: "Bromo Quinine." That is Laxa-tive Bromo Quinine. Look for signature of K. W. Grove. 25c.

As to Carpets.

May-Carpets are curious things

Mamma -Why so? May-Although they are bought by

the yard, they are worn out by the

WONDERFUL HOW QUICKLY RESINOL STOPS ITCHING

To those who have er dured for years the itching torments of eczema or other such skin-eruptions, the relief that the first use of resinol ointment and resinol soap gives is perfectly incredi-ble. After all the suffering they went through and all the useless treatments they spent good money for, cannot believe anything so simple mild and inexpensive can stop the itching and burning INSTANTLY! And they find it still more wonderful that the improvement is permanen and that resinol really drives away the eruption completely in a very short time. Perhaps there is a pleas ant surprise like this in store for you. Resinol ointment and resinol soap are sold by all druggists.-Adv

Uncongenial. "Mr. Grimm," said one bore, introducing another bore to the human hy

ena, "this is Mr. Droan—"
"What of it?" snarled old Gaunt N Grimm, turning away.

Important to Mothers
Examine carefully every bottle of
CASTORIA, a safe and sure remedy for
infants and children, and see that it Bears the Signature of Cart Hillsthise In Use For Over 30 Years.

Children Cry for Fletcher's Castoria And It Talks Back. receiving teller?

Paw-A phonograph cylinder, son. REMARKABLE LETTER FROM A KNOWN WASHINGTON DRUGG

KNOWN WASHINGTON DRUGGET.
In reference to Ellisti Babek the great remedy
for chile and fewer and all malerial disasses.

"Within the last five months; have soid 3,500
bottlesof Ellisti Babek for Malaria-Chilland
Fever. Our customers speak very well of it,
Henry Evan, 322 FSL. N.W. Washington, D.C.

Ellizir Babek 50 cents all druggists, or by
Parcels Post, prepaid, from Elocsewski & Co.,
Washington, D. C. Why does the self-made man never

Write Murine Kye Remedy Co., Chicago or illustrated Book of the Eye Free.

The worse a reputation the harder it



strain. Dr. Caldwell's Syrup Pe costs only fifty cents a bottle and ca be procured at any drug store. To o

"I'm trying to economize this out my wife and daughters are mined to go to Florida for the w What are you going to do

Well, seeing they've all co against me, I suppose I have t tiate a loan with the ailtes.

There are a good many jokes, but he one on the hungry wolf that kills a slamep is about the best of the lot.

It desn't pay to own things you



HANFORD Balsam of Myr

For Cuts, Burns, Bruises, Sprain Strains, Stiff Neck Chilblains, Lame Back, Old Sores, Open Wounds, and all External Injurie Made Since 1846. Price 25c, 50c and \$1.00

All Dealers a C. Handers Mrs.

A Soluble Antiseptic Powd be dissolved in water as needed

For Douches
In the local treatment of weman's such as lencorrhoes and inflammation douches of Partine are very efficiency of the second of the For Douch ommended Partine in private correspondence with men, which proves its an ority. Women who have relieved say it is "worth weight in gold." At drugs

Constipation Vanishes Forever

The Paxton Toilet Co., Boston, Ma

Prompt Relief—Per CARTER'S LITTLE LIVER PILLS never

SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Brent Good W. N. U., CHARLOTTE, NO. 49-1915.

SUDDEN DEATH

Caused by Disease of the Ridgers The close connection which exists between the heart and the kidneys is well known nowadays. As soon as kidneys are diseased, arterial tension is increased and the heart functions are attacked. When the kidneys no longer pour forth wante, uremic poisoning occurs, and the person dies and the cause is often given as heart disease, or disease of brain or lungs.

It is a good insurance sgainst such a risk to send 10 cents for a large trial package of "Anuric"—the lateat discovery of Dr. Pierce. Also send as sample of your water. This will be examined without charge by expertchemists at Dr. Pierce's Invalids 'Hotel, Buffalo, N. Y. When you suffer from backache, frequent or canty urine, rhaumatic pains here or there or the constant tired, worn-out fasting, it's time to write Dr. Pierce, describe your symptoms and get his discovery pocking it's time to write Dr. Pierce, describe your symptoms and get his discovery pocking it's time to write Dr. Pierce, describe your symptoms and get his discovery pocking it's time to write Dr. Pierce and the cause is often given as heart discovery pocking the property of the cause is often given as heart discovery of Dr. Pierce's Investor of the vision of the property of the cause of the property of the cause of the property of the cause of the property of the pr

Dr. Pierce's Anuric n be no imitation. 'Anuric' is sure to a will find the sig-ter just as you do

Prescription