

# Avoid the Knife! Take Stella-Vitae

It Has Saved Thousands of Suffering Women.

Ms. W. F. Nelson, a merchant of El Paso, Texas, says that the daughter of one of his neighbors, Mrs. James Roberts, was in such a condition with female trouble that an operation was advised, and the young lady was sent to Chattanooga for her performance. She dreaded the operation, and Stella-Vitae having been recommended, decided to try that first. She has taken six bottles and is happily on the road to recovery. She is able to do her usual work and is in better health than for years before, but continues to use it. She writes: "Stella-Vitae will do all you claim." Her father says "she began to improve at once, after taking Stella-Vitae." Thousands of other women, on the verge of serious surgical operations are saved by a timely use of Stella-Vitae, the great female remedy. Try Stella-Vitae on our money-back-guaranteed guarantee. Get it at your dealer.

THACHER MEDICINE CO.,  
Chattanooga, Tenn.

# WINTERSMITH'S CHILL TONIC

Sold for 47 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic.

# Ask for and Get SKINNER'S THE HIGHEST QUALITY SPAGHETTI

36 Page Recipe Book Free  
SKINNER MFG. CO., OMAHA, U.S.A.  
LARGEST MACARONI FACTORY IN AMERICA

American Date Trees.  
A number of date-palm trees have been brought from Africa to California, where dates are now raised successfully.

REMARKABLE LETTER FROM A WELL KNOWN WASHINGTON DRUGGIST. In reference to Elixir Babcock the greatest remedy for chills and fever and all malarial diseases. "Within the last five months I have sold 1,500 bottles of Elixir Babcock for Malaria, Chills and Fever. Our customers speak very well of it." Henry Evans, 222 F St., N. W., Washington, D. C. Elixir Babcock 50 cents. All druggists, or by Parcel Post, prepaid, from Klacawald & Co., Washington, D. C.

One Twin Too Many.  
With the coming of the twins the entire household arrangements were sadly disorganized. Master Bobby and Miss Dorothy were relegated to the background, where they moped and sulked.

Bobby, more brilliant than his sister, was scouting through the upper halls one morning when he discovered the twins being prepared for their bath. Having in mind the fate of several litters of kittens within his knowledge, he rushed to the head of the stairs, and, beckoning his sister, cried in a hoarse whisper:

"Dottie, come on up, quick! They're goin' to drown one of 'em!"

High Pay.  
A Buffalo man stopped a newsboy in New York, saying: "See here, son. I want to find the Blank National bank. I'll give you half a dollar if you direct me to it." With a grin, the boy replied, "All right, come along," and he led the man to a building half a block away. The man paid the promised fee, remarking, however: "That was half a dollar easily earned." "Sure!" responded the lad. "But you mustn't forget that bank directors is paid high in Noo Yawk."—Exchange.

Disillusioned.  
"Is Rand happy in his marriage?" "Happy? If Rand were to see Mrs. Rand today for the first time, he wouldn't even ask for an introduction."

# Does Coffee Disagree

Many are not aware of the ill effects of coffee drinking until a bilious attack, frequent headaches, nervousness, or some other ailment starts them thinking.

Ten days off coffee and on

# POSTUM

—the pure food-drink—will show anyone, by the better health that follows, how coffee has been treating them.

"There's a Reason"

for  
**POSTUM**  
Sold by Grocers

# The KITCHEN CABINET

Power to think for oneself, power to understand those one does not agree with—these two things are absolutely essential to peace, harmony, and co-operation in a self-educating and self-governing community.

## REFRESHING DRINKS.

There are so many delicious things put up in bottles to lure us during the hot weather that when one may prepare something quite good at home at much less expense, we gladly welcome the suggestion.

Root Beer.—Dissolve three pounds of sugar in five gallons of water and add a bottle of root beer extract. Then add a cake of compressed yeast, dissolved in warm water and mix the whole well together. Put in bottles and expose to moderate heat in sun or behind stove for six hours, then put in a cool place. After three days it will be ready to serve.

Orange or lemon beer may be made using the juice of a dozen lemons or oranges; less sugar will be needed with the oranges. Prepare as for root beer.

Mint Julep.—Take six sprigs of mint, one cupful of sugar, one gill of strawberry juice, four lemons, two cupfuls of cold water, one cupful of boiling water, one gill of raspberry juice and ice. Boll together the cold water and sugar for 20 minutes. Crush the mint and pour over it the boiling water. Allow it to stand for ten minutes, strain and pour into the sirup, add the fruit juices and serve.

Buttermilk Kumiss.—Mix one pint of buttermilk with two quarts of sweet milk and five lumps of sugar. Stir until the sugar is well dissolved, or better, pour from one pitcher into another for ten minutes. Cover with muslin and let stand in a warm place for 12 hours. Pour into pint bottles, tie down the corks and lay the bottles on their sides in a cool place. The drink will be ready in four days.

Cream Nectar.—Take two ounces of tartaric acid and one and a half pounds of lump sugar, dissolved in one and a quarter pints of boiling water. Dissolve over a slow fire. When cold beat in the white of an egg and two tablespoonfuls of lemon extract; bottle. When serving add a half wine-glass of nectar, a saltspoonful of soda, and fill the tumbler three-fourths full of ice water.

Nobody has any right to find life uninteresting or unrewarding who sees within the sphere of his own activity a wrong he can help to remedy or within himself an evil he can hope to overcome.—Chas. Elliot

## HOT WEATHER DISHES.

At this season of the year when the earth's harvest of berries and fruit is ripe, the question of what to eat is easy to answer.

Raspberry Muffins.—To two cupfuls of sifted flour, half a cupful of sugar and a pinch of salt add gradually three-fourths of a cupful of sweet milk and two tablespoonfuls of melted butter. Add the yolks of two eggs and beat the mixture thoroughly. Then add two teaspoonfuls of baking powder and the well-beaten whites of the eggs. Wash and dry one cupful of firm, ripe raspberries, sprinkle lightly with flour and add to the muffin batter.

Peach Roy Poly.—Make a pastry moderately rich, roll very thin, and place on it two cupfuls or more of sliced peaches and a few raisins. Roll up and place in a deep baking dish. Add a cupful of brown sugar, two tablespoonfuls of butter and a cupful of boiling water; place in a moderate oven and bake until the crust is brown. Less sugar will be needed if the peaches are very sweet. Serve with cream.

Luncheon Dish.—Take two tablespoonfuls each of finely diced, cooked chicken and ham, one tablespoonful of cooked sweetbreads and a tablespoonful of cooked mushrooms with salt, red pepper and a little chopped parsley. To a cupful of whipped cream add the above ingredients and put into ramekins, sprinkle with parsley finely minced, and chill in the ice chest before serving.

Cream Whip.—Take a pint of thick cream, add sugar to make quite sweet and a wineglass of orange juice and a teaspoonful of lemon juice. Mix and stand on ice 15 minutes, then fold into it the stiffly beaten whites of three eggs and serve at once, heaped in short glasses.

Frozen Nut Custard.—Prepare a plain boiled custard, using a quart of milk, one cupful of sugar and four eggs, with a pinch of salt. When cold, flavor the custard with a teaspoonful each of almond and rose extract; then add a cupful of finely chopped nut meats and freeze in the usual way.

Nellie Maxwell

How He Fell.  
Visitor—What brought you here?  
Prisoner—I owe me downfall to a woman.  
Visitor—How was that, my poor man?  
Prisoner—She called for the police.  
—Philadelphia Ledger

# IN CANNING TIME

SOME INSTRUCTIONS THAT MAY BE OF SERVICE.

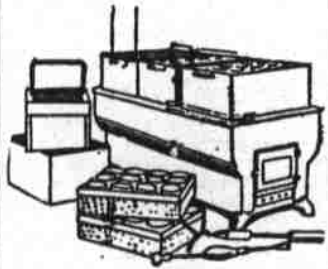
Two Cardinal Points Are Cleanliness and Complete Sterilization—Just How These May Be Most Easily Attained.

There seems to be a belief by the general public that there is something mysterious in the commercial canning process. The great secret of this process is a careful observance of two things—cleanliness and complete sterilization.

Fruits and vegetables can be "put up" in glass jars or tin cans at home much cheaper than they can be purchased in the form of commercially canned goods, and the flavor, texture and general quality of the homemade product can be made superior to the product of the average factory, writes S. B. Shaw, recognized expert of South Carolina.

Minute forms of life which we call bacteria are present everywhere in untold numbers. The air we breathe, the water we drink, and the food we eat are teeming with them. These bacteria are practically the cause of the "spoilage" or fermenting of the various fruits and vegetables.

The reproduction of bacteria, which is very rapid, is brought about by one of two processes. The bacterium either divides itself into two



Canning Outfit.

parts, making two bacteria where one existed before, or else reproduces itself by means of spores.

Spores may be compared with the seed of an ordinary plant. These spores present the chief difficulty in canning the products of the orchard and garden.

All forms of bacteria are killed by complete sterilization. This is nothing more than enclosing the products to be sterilized in jars or cans that can be sealed airtight, and submitting them to heat of sufficient degree, for a time long enough, to destroy the bacteria that cause the raw material to spoil.

Sterilization is readily accomplished by the use of boiling water, and there are three different ways in which this can be done. While the parent bacteria can be killed at the temperature of boiling water, their spores retain their vitality for a long time even at that temperature.

Smaller factories, and the different home canning outfits usually make use of the "open-kettle" process. Here the cans are submerged in boiling water and kept at that temperature for a time sufficient to destroy bacteria and spores.

The third process, known as fractional sterilization, is that of keeping cans or jars in boiling water for a specified time upon each of two or three consecutive days.

The process of boiling upon consecutive days is the safest method, and is much to be preferred in home canning. The first day's boiling kills practically all the bacteria, but does not kill all of the spores.

As soon as the jars or cans cool, these spores develop, and a new lot of bacteria begin their destructive work on the contents.

The second day's boiling kills this new lot of bacteria before they have had time to produce spores.

Boiling the third day is not always necessary, but it is advisable in order to be sure that sterilization is complete.

## Baked Fish Pudding.

The remains of boiled fish can be utilized in this way: Carefully remove the fish from the bones; cut it up into small dice, and have an equal bulk of mashed potatoes. Put both into a basin and mix together; then melt some butter and pour it in, mixing well; add salt and pepper and a few grains of cayenne pepper; beat up an egg and add it last; mix all well together; put it in a pudding dish, smooth and score neatly on the top. Bake for half an hour.

## Fish Flakes With Bacon.

Boil potatoes in salted water until tender; add two cupfuls of flaked fish, a fourth of a teaspoonful of pepper and a beaten egg. Take up by the rounding tablespoonful, shape lightly and fry in deep fat to a delicate amber color. Roll slices of bacon into cylinders, run a toothpick through each to hold it in place and fry until well cooked. Serve a bacon roll with each fish ball.

## Walnut Croquettes.

This rule calls for one cupful of bread crumbs and a like amount of mashed potatoes and of chopped English walnuts. Add the yolks of two or three eggs, salt and pepper to taste and a little onion if desired. After shaping the mixture into croquette forms they should be baked in a moderate oven for 20 minutes.

# TALK ABOUT ITCHING

A well known Georgia dentist, Dr. H. Thomas, Valdosta, Ga., writes: "I feel as though some encouragement is due you for the good results I obtained from Hancock Sulphur Compound. I suffered greatly for three long, hot summers, with some unknown itch on my legs from my knees to my ankles. There was no eruption—the skin perfectly clear and smooth—but talk about itching, it certainly did it. I have used one fifty cent bottle of Hancock Sulphur Compound and think I am nearly well. Many thanks." Hancock Sulphur Compound and Ointment are sold by all dealers. Hancock Liquid Sulphur Co., Baltimore, Md. Write for Booklet.—Adv.

## Partners.

Messenger—Who's the swell ye was talkin' to, Jimmie?  
Newsboy—Aw! Him an'me's worked together for years. He's the editor o' one o' my papers!

## Improved Beyond Expectations

"My wife has been a long sufferer of lung trouble, and frequently with hemorrhages," says Mr. R. C. Currence, of 5400 Pennsylvania Ave., Nashville, Tenn. "We had almost given up hope of her ever being any better. She has taken four bottles of Lung-Vita, and she has never had another hemorrhage, or even symptom. She has improved beyond our expectations, has gained in flesh, and we are almost sure she will soon be sound and well." Mr. Currence is a prominent lumber man of this city and is connected with John B. Ransom & Co. Take Lung-Vita for consumption, asthma, and kindred troubles. If your dealer does not have it in stock, send us \$1.75 for a thirty-day treatment or write for booklet today. Nashville Medicine Co., Dept. Y, Nashville, Tenn. Adv.

## Weak-Ending From the Trench.

It is a quaint game, this coming home on leave, and when you have once got your leave warrant it is so extraordinarily rapid. I have been in the front trench within 70 yards of the enemy at 10 p. m. one night and lunched at my club in St. James street, London, next day at one o'clock.—London Outlook.

## BANISH PIMPLES QUICKLY

Easily and Cheaply by Using Cuticura Soap and Ointment. Trial Free.

Smear the pimples lightly with Cuticura Ointment on end of finger and allow it to remain on five minutes. Then bathe with hot water and Cuticura Soap and continue some minutes. This treatment is best upon rising and retiring, but is effective at any time. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

"Rile" Rebuks.  
The prince of Wales has endeavored himself to the British soldiers fighting in the trenches.

There is a story about a regiment that the prince recently reviewed. A soldier in this regiment was noted equally for his bravery and his untidiness. The prince talked to him for a few minutes, and the man in his confusion could stammer nothing but "Your rlie 'ighness." "Yes, your rlie 'ighness." "No, your rlie 'ighness."

At the end of the interview the prince said, with a good-natured glance at the soldier's accoutrements disordered as usual: "Very good, my man, very good; but, in future, please, not so much of the rlie 'ighness and a little more of the pipe clay."

## Doubly Honored.

Curious Neighbor—I see you have a letter there from Fritz. Has he got the iron cross yet?  
Proud Mother—No, he's got more than that. He has written me herein that he has got the double cross.

# CALOMEL MAKES YOU SICK, UGH! IT'S MERCURY AND SALIVATES

Straighten Up! Don't Lose a Day's Work! Clean Your Sluggish Liver and Bowels With "Dodson's Liver Tone."

Ugh! Calomel makes you sick. Take a dose of the vile, dangerous drug tonight and tomorrow you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with sour bile crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you feel sluggish and "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour, just try a spoonful of harmless Dodson's Liver Tone.

Here's my guarantee—Go to any drug store or dealer and get a 50-cent bottle of Dodson's Liver Tone. Take a spoonful tonight and if it doesn't

straighten you right up and make you feel fine and vigorous by morning I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot sallowate or make you sick.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.—Adv.

Buy materials that last

# Certain-teed

Fully guaranteed — best responsibility Roofing For sale by dealers everywhere at reasonable prices  
General Roofing Manufacturing Company

World's largest manufacturers of Roofing and Building Papers

New York City Chicago Philadelphia St. Louis Boston Cleveland Pittsburgh Detroit San Francisco Cincinnati San Antonio Kansas City Seattle Indianapolis Atlantic Richmond Evans London Street

FOR THE BEST DESSERTS, CANDIES ETC. USE THE BEST EXTRACT—  
**SAUER'S FLAVORING EXTRACTS**  
With the GRANT PRIZES at the Panama Pacific Exposition, also 15 Other Highest Awards at Previous Expositions and American Expositions for  
Purity, Strength and Fine Flavor  
For Sale by Dealers Everywhere. For Recipe, "TABLE TREAT" FREE on request. Largest Selling Brand in the U. S.  
C. F. SAUER COMPANY, RICHMOND, VA.

## Giving Her an Object Lesson.

Mrs. Saff came in from a chat over the fence with her neighbor, and her face was hard and red.

"Come here, Tommy!" she commanded her young son. "I am going to punish you, but open the windows first!"

"What for?" said Tommy, beginning to weep.  
"Well, I have just heard that that cat across the road said I have no authority over you, and I want her to hear you getting a whipping. Come here, sir!"

## The Strong Withstand the Heat of Summer Better Than the Weak

Old people who are feeble, and younger people who are weak, will be strengthened and enabled to go through the depressing heat of summer by taking regularly Grove's Tasteless Chill Tonic. It purifies and enriches the blood and builds up the whole system. 50c.

## Appropriate Transportation.

"I am taking by hounds down over to the eastern shore for some days' hunting."  
"Most fitting, I should say, to transport them by a bay line. Still more so, had you taken them in a bark."

## A Short Farewell.

"I fear that I can never marry you."  
"Farewell, then, cruel girl; farewell forever."  
"Nonsense, Ingomar, come around to-morrow night."

## WANTED

Men to learn barber trade. Few weeks required. Steady position for competent graduates. Wonderful demand for barbers. Write while learning; free catalog; write RICHMOND BARBER COLLEGE, Richmond, Va.

# WANTED!!

Shipments of Peaches, Apples, Pears, Melons, Figs, Poultry and Eggs, also Home Cured Meats and all produce in season. I will buy outright or handle on commission. I sell to the best trade at home and surrounding towns. Make shipments or write or wire.  
W. J. HAWKINS

BOX 292 PLANT CITY, FLA.

# GEORGIA FARM LANDS FOR SALE

In settling up an estate we have a number of desirable farms ranging from 30 to 500 acres in Pulaski and adjoining counties to dispose of.

By order of Court, we are authorized to sell at private sale and make terms with past cash payment.

There are No Farms, Homes, Churches, Schools, Better or People than you will find in Pulaski County, Georgia.

If interested, write or come at once.

Better Come!  
SOUTHERN TRUST CO., Hawkinsville, Ga.

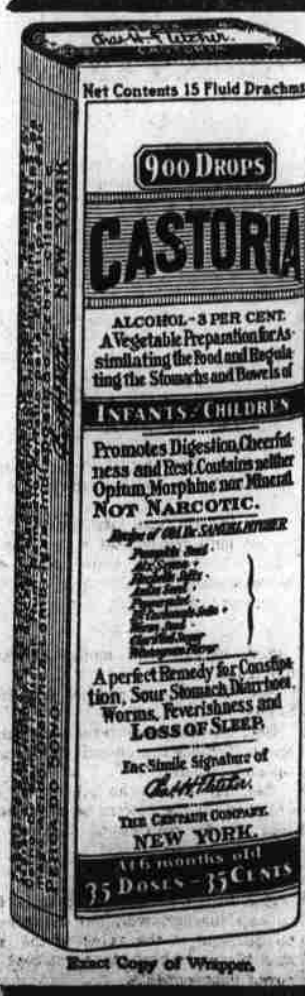
# MEN AND WOMEN

Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness often disappear when the kidneys are out of order or diseased. For good results use Dr. Klinger's Swamp-Root, the great kidney remedy. At druggists. Sample size bottle by Parcel Post, also pamphlet. Address Dr. Klinger & Co., Binghamton, N. Y., and enclose ten cents. When writing mention this paper.

# WHY NOT TRY POPHAM'S ASTHMA MEDICINE

Give Prompt and Positive Relief in Every Case. Sold by Druggists. Price \$1.00. Trial Package by Mail 10c.  
WILLIAMS MFG. CO., Props. Cleveland, O.

W. N. U., CHARLOTTE, NO. 34-1916.



# Children Cry For

# Fletcher's CASTORIA

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

# GENUINE CASTORIA ALWAYS

Bears the Signature of

Wm. A. Fletcher

In Use For Over 30 Years  
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.