

AT

**Cut Prices** 

This is a subject that has a place in all ninds in all times. And it naturally di-rects thought as to the comfort of the mother during that wonderful period of expectancy. Mothers who know rec-friend." It is an ex-ternal remedy for the stretching muscles, en-

Among the wills probated yester-

day nor with heating and lighting. Hundreds and hundreds of women, practical, economical housewives, have written us that they simply couldn't do without it; use it every day in their housework, find it the finest thing to polish windows, to keep their sewing machines running smoothly, to clean painted surfaces and for heaps of other purposes. But these same women buy Atlantic Rayolight Oil by name. They can't afford to take a chance on the nameless, unknown kerosene-their white things are too precious to trust to anything but the best, the finest kerosene and that they know is

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ables them to expand without undue strain, assist the organs to crowd against nerves, to pull at ligaments to thus avoid pain. Thus restful days are assured, peaceful nights are experienced, morning sickness, headache, apprehension and other dis-tresses are among the various things which wome, everywhere relate they entirely es-caped by using "Mother's Friend. And by fits effect upon the muscles the form is re-tained and they return to their natural, smooth contour after baby is born. Get a bottle of this invaluable aid to expec-tant mothers. Any druggist will supply you, it is harmless but wonderfully effective. Write to Bradfield Regulator Co. 413 La mar Bidg., Atlanta, Ga., for a specially writ-ten guide book for women interested in the subject of maternity. It will prove an inspi-ration. It contains information that every woman should know all about, Write today.

stretching muscles, en-ables them to expand without undue strain,

**GRAY HAIR** 

Hair

highest good of the nations of the world. "Unless the best thought of the Filipinos has absolutely reversed itself within the past few years, what I have said is as much an expression of their opinion as my own." In the judgment of Auditor Gen-eral Powell, the bill will never become a law.

## OUR DAILY RECEIPT

OUR DAILY RECEIPT Almond and Sweet Potatoes, Four or five sweet potatoes, Two tablespoonfuls butter, Two esgs. One-haif cupful blanched almonds, Milk or cream, Dry bread crumbs. Bake sweet potatoes. When soft reak apart, scrape out the pulp and ass through a sieve. There should be woo cupfuls. Add salt, butter and one eaten esg, chopped and pounded al-omak and sufficient hot milk or cream o mak to c crouetter, roll in there-haning esg, beaten slightly, then in reak and fry in smoking fat.

Spleed Cruliers One-half cupful butter or Three-quarters cupful manufactured hortening, One-half cupful sugar, One-half cupful corn syrup, One cupful sweet milk, Two essist Two etc. Two cupfuls flour, One-half teaspoonful salt, One-half teaspoonful salt, One-half teaspoonful salt.

mon. Unc-half teaspoonful nutmeg, Three teaspoonfuls baking powder. Cream butter and sugar. Add corn syrup and mix well. Add well-beaton egg, then the milk and the sifted dry ingredients alternately. Toss on floured board and roll out one-half inch in thickness. Cut and fry in hot fat.

Winter Salad Two heads lettuce, Two onlons, Two cold cooked beets, Twelve olives, French dressing. Shred lettuce very fine and arrange on salad plates. Chop onlons and cut beets in half-inch cubes. Mix and pile on lettuce. Garnish with sliced olives.

on lettuce. Garnish with sliced olives. Honey Muffins Three and one-half cupfuls flour, Three tablespoonfuls honey, Four teaspoonfuls baking powder, One-half cupful butter or Three-eighths cupful manufactured shortening. Two eggs, One and one-half cupfuls milk. Cream butter and honey together. Add well-beaten eggs. Sift baking powder and salt with the flour and add to other ingredients alternately with the milk. Bake in a hot oven.-March Mother's Magazine.

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