

Heart Home Problems

by MRS. ELIZABETH THOMPSON

Dear Mrs. Thompson: I work in a store with several other girls. They are older than I am by two or three years. I am nearly eighteen. Whenever a salesman or traveling man comes in they make dates with the other girls and they call me dear, etc., but they never take me out. One girl has wonderful black eyes and the other girl beautiful clothes. I am not rich, as I have to support my little sister and brother, so I cannot dress as well, but I always try to appear neat and clean. I have nice gray eyes, but someone told me that my eyes were too innocent. What did she mean?

I try not to notice anything, but it does hurt me a little to see me always ignored when the others have a good time. Please tell me what I can do so that I can also enjoy myself occasionally.

THANKFULLY YOURS.

One of the most dangerous things a girl can do is to go out with salesman and traveling men who come to the store. Do not imagine yourself in the class of people who go with such men. If you feel above that class you will command respect and will be happier eventually than the girls who are having their good times now.

It is only natural that a respectable girl of eighteen should have innocent eyes. Take my advice, little girl, and refuse to accept invitations from older men. Have your fun by going to parties with younger girls and boys in your own set.

Dear Mrs. Thompson: I have a little girl who is in the first grade in school. The school she goes to is very rough and I am afraid she will be contaminated by the bad influences

around her. Do you think I ought to let her stay in school?

MOTHER.

It all depends on how rough the school is. Generally it is better for children of parents in moderate circumstances to be sent to public schools, but if you are able to afford it and you know of a good private school, it might be well to have the little girl go to this private school. If you could teach her at home and are in a position so that you could observe the regulation school hours and give her the attention home schooling requires, you could probably teach her yourself and have the expense of the private school. However, if you match her closely and see that the home influence is good and stronger than the bad influence at school, you will probably have no trouble.

Dear Mrs. Thompson: (1) My skin is rough and seems so dry. Why is this and what can I do for it?

(2) I have soft, silky, fine hair. Can I do anything that will make it coarse?

(3) Please tell me of a good hair lotion.

(1) It might be that your work is such that your hands get rough and dry. To counteract this, use cold cream every night, applying it before you retire and washing it off in the morning.

(2) There is nothing you can do to make it coarse.

(3) Mix together one ounce of bay rum, two ounces of glycerine and twenty drops of carbolio acid. Add enough perfume to counteract the odor of the carbolio acid.

Dear Mrs. Thompson: My hair is not a pretty color. I am old enough for it to be gray and I want it gray. Please tell me what to use to change the color to gray.

R. A. DEAL.

I know of no medicinal remedy that will make your hair turn a natural gray. Gray hair often results from long or severe worry, trouble, or hardship, and you ought to be very glad that your hair still retains its natural color even though you do not happen to like the color.

Household Hints

by MRS. MORTON

RECIPES FOR SOME OF THE WAR DISHES SERVED AT THE ST. LOUIS STORE

Indian Pudding

4 cups milk
1/2 cup cornmeal
1/2 cup molasses
1/2 teaspoon salt
1/2 teaspoon ginger

Cook the milk and the meal in a double boiler for 20 minutes, add molasses, salt and ginger. Pour into oiled pudding dish and bake two hours in a slow oven. Serve with top milk or fruit syrup. This amount will serve six persons.

Corn Bread

1 pint cornmeal
2 teaspoons baking powder
1 teaspoon salt
1 pint milk
1 tablespoon cooking oil
2 eggs

Sift baking powder and salt with cornmeal, mix milk, oil and beaten eggs together, stir into the meal and beat hard for 2 minutes, pour into a greased pan, bake about 30 minutes in a hot oven.

Boston Brown Bread

1 1/2 cups cornmeal
1 1/2 cups rye meal
1 1/2 teaspoons soda
1 teaspoon salt
2 cups milk
4 cups molasses

Mix and sift dry ingredients. Combine the molasses and milk and add to the dry ingredients. Beat thoroughly and steam 3 1/2 hours in well oiled covered molds. Remove the covers and bake the bread long enough to dry the tops. One half cup of raisins may be added.

Cornmeal Griddle Cakes

1 cup cornmeal
1 cup boiling milk
1/2 teaspoon salt
1 tablespoon cooking oil
1 tablespoon molasses
1 teaspoon baking powder
2 eggs

Put cornmeal in bowl, cover with boiling milk. Add the salt, oil and molasses, and when cold the baking powder and eggs which have been beaten until light. Mix all well together and bake on a hot griddle.

Peanut Loaf

Grind 1 1/2 pounds of roasted peanuts and mix with six very ripe bananas. Pack in a mold and steam 2 hours. Serve cold sliced like meat loaf.

New Brown Betty

2 cups cooked oatmeal
4 apples cut up small
1/2 cup raisins
1/2 cup corn syrup
1/4 cup cinnamon
1/4 teaspoon cinnamon

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates, or ground peanuts may be used instead of apples. This recipe will serve five persons.

Brown Sauce for Cod

2 tablespoons cooking oil
1/2 slice onion

LYNN, IND.

Mrs. John Jessup and son of Spartansburg visited Saturday with Newton Reed and family. The funeral of Mrs. Will Johnson was held Sunday morning at 10:30 o'clock at the Friends' church. Rev. C. F. Miller and Rev. Henry Pickett conducted the services. Burial at Quaker Lynn cemetery. Mr. and Mrs. Hobart Alexander of Richmond spent Sunday with their parents, Mr. and Mrs. El Shook. Mr. and Mrs. William Meredith were Sunday guests of Mr. and Mrs. Charles Lytle.

Buy Thrift Stamps and War Stamps. Subscribe for the next Liberty Loan bond issue offered within a few weeks. Help win the war. Buy a Liberty Bond.

world's markets, are making it exceedingly difficult for the Commission of Relief in Belgium to keep clothed and shod the unfortunate people of these occupied territories. In addition to new material, we need gifts of used and surplus clothing, shoes, blankets, flannel, cloth and similar articles, in large quantities from the people of the United States. "From your repeated cordial offers of co-operation of the American Red Cross, in any of the charitable work of our commission, I have no doubt of the answer that you will make to our present request."

In response to the appeal from the commissioner Mr. Davidson at once promised the co-operation of the Red Cross, and set aside the week of March 18 to 25, for a special campaign for the purpose of obtaining clothing and other needed articles for the people of Belgium and France.

A shipment of eleven boxes, containing the week's work of the chapter, was sent to Indianapolis Saturday from the Wayne county workshop. The shipment included 415 hospital garments, 202 knitted articles and 551 articles from the surgical dressings department.

Itemized, the shipment was as follows:

Hospital Garments and Supplies
115 hospital shirts.
130 pairs bed shoes.
20 pairs pajamas.
Knitting.
54 sweaters.
64 pairs of socks.
1 scarf.
19 helmets.
To Surgical Dressings
100 gauze compresses.
19 pads.
16 pneumonia jackets.
316 bandages.

The American Red Cross is expanding rapidly in its fight in France against the ravages of tuberculosis.

Four hospitals are maintained solely by American resources—the Edward L. Trudeau Sanatorium, the Ste. Eulgen Hospital, the hospital at Bligny, and the project at Yverres. The Red Cross tuberculosis campaign in France has been placed in charge of Dr. William C. White, formerly of the medical staff of the University of Pittsburgh. The fight against the disease is an integral part of the great program of social service planned by the Red Cross for France.

A gift of \$50,000 by Jeremiah Milbank, to be used in establishing in New York a school for crippled and disabled men, has been announced by the American Red Cross.

The activities of the proposed institute includes an employment bureau for cripples, industrial and commercial training classes for disabled men, and departments of scientific research and popular education. Members of the staff have been engaged for six months in studying the experience of

NERVOUS PROSTRATION

May be Overcome by Lydia E. Pinkham's Vegetable Compound—This Letter Proves It.

West Philadelphia, Pa.—"During the thirty years I have been married, I have been in bad health and had several attacks of nervous prostration until it seemed as if the organs in my whole body were worn out. I was finally persuaded to try Lydia E. Pinkham's Vegetable Compound and it made a well woman of me. I can now do all my housework and advise all ailing women to try Lydia E. Pinkham's Vegetable Compound and I will guarantee they will derive great benefit from it."

—Mrs. FRANK FITZGERALD, 25 N. 41st Street, West Philadelphia, Pa.

There are thousands of women everywhere in Mrs. Fitzgerald's condition, suffering from nervousness, backache, headaches, and other symptoms of a functional derangement. It was a grateful spirit for health restored which led her to write this letter so that other women may benefit from her experience and find health as she has done.

For suggestions in regard to your condition write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their 40 years experience is at your service.

To Heal Bed Sores

For 25 years physicians and nurses have never found anything equal to Sykes Comfort Powder. One box proves its extraordinary healing power for any skin inflammation. Use at the Vets at other drug stores. The Comfort Powder Co., Boston, Mass.

One box proves its extraordinary healing power for any skin inflammation. Use at the Vets at other drug stores. The Comfort Powder Co., Boston, Mass.

We all took Trusler's Rheumatic Tablets. We advise that you take them also.

RHEUMATISM

Trusler's Rheumatic Tablets

Are Purely Vegetable, Harmless, yet powerful. They are manufactured by the very best chemists in the United States. They are known as the "Reconstructors."

For Sale by All Druggists
50c the Box

If your druggist will not supply you write the

Trusler Remedy Company
Huntington, Indiana

For Rheumatism, Lumbago and kindred diseases use TRUSLER'S RHEUMATIC TABLETS.



I had rheumatism eight years.



I am now well.



I took Trusler's Rheumatic Tablets



I am the picture of health.



Take Trusler's Rheumatic Tablets as I did.



I never felt better

Twelve Western College Women are Honored

OXFORD, O., March 18.—Twelve young women today figured in the distribution of honors at the Western College for Women, being admitted to membership in the Honor Society of the institution. They are:

Seniors—Miss Mabel L. Hughes, of Gurnee, Ill.; Miss Mary Louise Smith, of Kokomo, Ind.; Mrs. Ruth Wenzlick Abbott, of St. Louis, Mo.; Miss Edna Pepper, of Hamilton, Miss Flora T. Mercer, of Lima, Miss Margaret Sears, of Woodfield; Miss Kathryn D. Kessler, of Seymour, Ind.; Miss Sena Sutherland, of St. Louis, Mo.; and Miss Margaret Hinit, of Washington, Pa.

Juniors — Miss Amy C. Crane, of Fayette; Miss Dorothy Wilkinson, of Mansfield, and Miss Dorothy S. Duerr, of New Martinsville, W. Va.

The European countries in reconstructing their disabled soldiers. The institute is housed by the College of Physicians and Surgeons in New York.

Work was returned to the Richmond workshop Saturday by the following units: Economy, three suits of pajamas, and six shirts; Greensfork, thirteen suits of pajamas and ten pairs of socks; Boston, nine sweaters.

Buy Thrift Stamps and War Stamps. Subscribe for the next Liberty Loan bond issue offered within a few weeks.

Grandma Talks About Babies

Has a large Circle of Listeners Who Profit by Her Wisdom and Experience.



In almost any community there is a grandma who knows Mother's Friend. Not only is she reminiscent of her own experience, but it was through her recommendation that so many expectant mothers derived the comfort and blessing of this famous remedy. Mother's Friend is an external application prepared especially for expectant mothers after the formula of a noted family physician. It certainly has a wonderful effect in relieving tension brought about by expanding muscles, and is a most grateful encouragement to the woman awaiting motherhood.

The action of Mother's Friend makes the muscles free, pliant and responsive. When baby arrives they expand easily, and pain and danger at the crisis is naturally less.

Strain upon the nerves and ligaments is lessened and in place of a period of discomfort and consequent dread, it is a season of calm repose and happy anticipation.

Mother's Friend enables the mother to preserve her health and natural grace and she remains a pretty mother by having avoided the pain and suffering which more often than otherwise accompanies such an occasion when nature is unaided.

Write the Bradford Regulator Co., K-205 Lamar Bldg., Atlanta, Ga., for their "Motherhood Book," so valuable to expectant mothers, and in the meantime do not by any chance fail to purchase a bottle of Mother's Friend from the druggist and thus fortify yourself against pain and discomfort. Mother's Friend should be applied night and morning with the utmost regularity.—Adv.

Only Two Weeks to Easter —We're Ready

Lace Boots are selling for the early spring trade—Styles like cuts above now in Stock.

ALL BROWN KID LACE BOOT	\$7.00
BROWN KID WITH BROWN CLOTH TOPS	\$5.00
GRAY KID WITH GRAY CLOTH TOPS	\$5.00
Same styles as above with Louie Heel	
ALL BROWN KID	\$7.00
GRAY KID WITH GRAY CLOTH TOPS	\$7.00
FIELD MOUSE BROWN	\$7.00

ALL WHITE LACE BOOTS—With medium or high heel \$3.50 to \$5.00
ALL BLACK KID LACE BOOTS—Medium or high heel \$4.00 to \$7.00

Neff & Nusbaum

Corner Main and 7th.

PALLADIUM WANT ADS BRING RESULTS—TRY THEM



Which Oleomargarine Do You Prefer?

BECAUSE both are made by Armour, you can use on your table and in your kitchen, either Veribest Oleomargarine or Nut-ola, and in either case be sure you are getting the best of its own kind. For, both are made in the world's finest exclusive oleomargarine plant and guaranteed in purity and quality by this big name in the pure food world—

Armour's Veribest Nut-ola

A Pure Vegetable Oil Product

Made Under Government Inspection

Pure oleo oil and neutral, highly refined vegetable oils, salt, and milk from dairy farms under inspection of the Chicago Health Department—just these ingredients and nothing more are blended for Veribest Oleomargarine. And they are churned in our new tile-lined plant, where cleanliness is enforced in every detail.

Nut-ola Oleomargarine, made under Government inspection and sold under Government license, has back of it the quality guarantee that goes with the name of Armour.

Try a Carton Today

Cut your expenses and help conserve national resources. Your own dealer can supply you with either Veribest or Nut-ola, with a pure vegetable coloring for family use.

ARMOUR AND COMPANY

ANTON STOLLE & SONS
Distributors