

Heart and Beauty Problems

By Mrs. Elizabeth Thompson

Dear Mrs. Thompson: I would like to take it good naturedly, but it hurt me. Do you think it was right for him to do this? I did not care because he took her to the show, but to think he told her not to tell. He has asked me to be his wife and spoken to my father concerning the matter. Would you treat him the same?

He was to come to see me one evening or in the afternoon. My sister who is fifteen years old went downtown to get tickets for the evening show for herself and some friends. She met him and talked to him for a while. Then she said she was cold and would go. He then asked her to go to the show with him.

I have been sick for quite a while, but not sick enough to be in bed. He knew it, because I did not work. He came in the evening and acted very queer. I asked him what the matter was and he said is was nothing. He had told my sister not to tell.

We were all talking and she thoughtfully mentioned going to the show with him. My friend did not know what to say and turned all colors.

30 American Heroes Listed in Reading Course

HOME READING COURSE NO. 9
(A certificate bearing the seal of the United States Bureau of Education signed by the commissioners of education, will be awarded to each person who gives satisfactory evidence of having read all the books on the accompanying list).

In the selection made for this course 30 names from the list of American leaders the aim has been to present those who have added in some definite way to human progress or to the sum of human happiness.

The true heroes of human advancement, statesman, pioneer, discoverer, inventor, naturalist, poet, historian, reformer-patriot—are workers for humanity in many places and in many ways.

In assembling the conferences given below the aim has been in many instances to give with each hero a good, brief story that will serve as an adequate introduction to the life, and, second, a more complete introduction in order that each reader may follow up his particular interest. It has been found necessary in some cases to let the inclusion of one great man rather than another be determined by the availability of adequate and inspiring biographical material.

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Evidence required—(1) Each course must be completed within three years of date of enrollment. (2) The reader must not leave the course until the book is begun. (3) When each is finished the reader must send a summary of the same. (4) This summary must include important incidents in at least three periods of the life of the person whose biography has been read.

Credit will not be given for reading down printed enlargements.

By application of local or state libraries readers may be able to borrow these books. The Bureau of Education does not furnish them.

In writing about this course please address the Bureau of Education and refer to the "Home Education division."

**Cocoanut Oil Fine
For Washing Hair**

If you want to keep your hair in good condition, be careful what you wash it with.

Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Mulsified cocoanut oil shampoo, which is pure and entirely greaseless, is much better than anything else you can use for shampooing, as it can possibly injure the hair.

Simple motion your hair with water and rub it in. One or two tea-spoonfuls will make an abundance of rich creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get Mulsified cocoanut oil shampoo at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months. —Advertisement.

Palais Royal

"Richmond's Daylight Store"

**MODART CORSETS
Front Laced**

form a perfect foundation for the wearing and fitting of suits and bows.

The MODART Corset Company employs the highest salaried corset designer in the world to co-operate with leading manufacturers and designers of women's apparel. This is done that your corset may bring out to the fullest degree all the lines of style and beauty that designers of your bows and suits create in them.

**The Wearing of
Modart Corsets**

Front Laced

gradually shapes your figure to the outline of the corset and incidentally gives you the best proportions for your type of figure.

Types differ, but there is a MODART design for each type.

Our corsetiere will advise and fit you with a MODART Corset free of charge. You place yourself under no obligation other than that of your own inclination to purchase.

All the new Spring Models are ready—

\$5 to \$15



By Henry C. Lodge.

7. Jefferson. Life of Jefferson. By H. C. Merwin. Life and Writings of Thomas Jefferson. By S. E. Forman.
8. Daniel Boone. Daniel Boone. By Reuben C. Thwaites. Daniel Boone and the Wilderness Road. By Addington Bruce.
9. George Rogers Clark. How George Rogers Clark Won the Northwest. By R. G. Thwaites.
10. Lincoln. Men Who Make the Nation. By Edwin Erle Sparks. A Short Life of Lincoln. By John G. Nicolay.
11. Lee. Life of Lee. By Bradley Gilman. Lee, the American. By Gammie Bradford.
12. Horace Mann. Horace Mann, Educator, Patriot and Reformer. By George E. Cribbell.
13. Hawthorne. Life of Hawthorne. By George E. Woodberry.
14. Parkman. Life of Parkman. By Charles Haight Farnham.
15. Sidney Lanier. Life of Sidney Lanier. By Edward Mims.
16. Mark Twain. Boy's Life of Mark Twain. By Albert Bigelow Paine. Life of Mark Twain. By Albert Bigelow Paine.
17. Morse. Masters of Space. By Walter K. Towers. Letters and Journals. By E. L. Morse.
18. Fulton, Robert. Fulton. By Alice C. Sutcliffe.
19. McCormick. Cyrus Hall McCormick. By Herbert N. Casson.
20. Edison. A. Edison. By Francis Rolt Wheeler. Life of Edison. By Dyer and Martin.
21. Booker Washington. Up from Slavery. (Autobiography.)
22. Trueheart. Autobiography of Edward L. Trueheart.
23. Jacob Rilis. The Making of an American. (Autobiography.)
24. John Muir. Story of My Boyhood and Youth. By Muir.
25. John Burroughs. Our Friend, John Burroughs. By Clara Barrus.
26. Mary Lyon. Life of Mary Lyon. By Beth Bradford Gilchrist.
27. Frances E. Willard. Life of Frances Willard. By Ray Strachey.

28. Clara Barton. Life of Clara Barton. By Percy H. Elmer.

29. Alice Freeman Palmer. Life of Alice Freeman Palmer.

30. Anna Shaw. Story of a Pioneer.

Good Collective Biographies.

The Men Who Made the Nation. By Edwin Erle Sparks.

Masters of Space. By Walter K. Towers.

How They Succeed. B. O. T. Marden.

ed letters from H. E. Barnard, formerly in charge of the state food administration, asking their support in a movement to have Herbert Hoover nominated for president.

The letters say that Mr. Hoover will recognize no organization, but it is intimated that if sufficient pressure is brought to bear on him by individuals, he will permit his name to be used.

The letter asks for prompt action in notifying Mr. Barnard of the sentiments of the individuals who received letters.

Rub it in, pain goes out.

Bachache and pains from the effects of the Flu.

DR. JONES' LINIMENT

When Children are Sickly

are Constipated, Feverish, Cry out in their sleep, Take cold easily, Have Headaches, Stomach or Bowel trouble, Try

**MOTHER GRAY'S
SWEET POWDERS
FOR CHILDREN**

They are pleasant to take and a certain relief. They act on the Stomach, Liver and Bowels and tend to correct intestinal disorders. 10,000 testimonials from mothers and friends of little ones telling of relief. No mother should be without a box of Mother Gray's Sweet Powders for use when needed. Ask to-day. At Druggists. The need of them often comes at inconvenient hours.

Used by Mothers for over thirty years.

Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.

Safe Milk for INFANTS and INVALIDS

For Infants, Invalids and Growing Children | Rich milk, malted grain extract in Powder

The Original Food-Drink for All Ages | No Cooking — Nourishing — Digestible

**A Message and a Pledge
To the Women of This Great State**

WOMAN has a great responsibility on her shoulders. Around her, all home life centers. It is she who plans the meals, buys the food, and prepares much of it. Husbands and fathers, sons and daughters, brothers and sisters, look to her for appetizing, nourishing food.

It has been our privilege to lighten the labors of many by supplying, through neighborhood groceries, Crackers and Cakes that are attractive in appearance, out of the common in taste, and decidedly wholesome. And families have enjoyed the varied menus that our large assortment enables the home-maker to serve.

Our Crackers and Cakes are made from selected, tried and true recipes—recipes that call for the best of everything. All have the reputation of being good. These recipes have been obtained from many sources. One, for example, was procured from a baker whose shop years ago was the mecca of all his town folks. Another is that used by a dear old lady who was a famous cook in the eyes of her family, friends and acquaintances.

In our experience covering twenty-four years we have learned much—especially from women. Now we want to share this experience and knowledge with you to the end that you may be benefited.

We Have No Secrets

We want you to know just how our Crackers and Cakes are made, what materials go into them, how and when they may be served, and their food value. To accomplish this we shall use this newspaper and others. What we shall say will be told as from friend to friend. As you read our advertisements please remember that we invite your suggestions about anything we make or do.

We have always distributed our products through the neighborhood grocer—your friend—who makes it a point to have for you all the good things to eat that you like best—such as Green & Green Crackers and Cakes. There is a big family of these good-goods

Crackers for all occasions, puffy "oysters," tasty "butters," a famous "hard cracker," delicious "sodas," "reception flakes"—some are salted, some sweetened, others are delicately flavored.

Wafers—delicious "sugars" in a number of flavors, "grahams" unusually good, some made more delectable with milk chocolate icing.

Cookies and Cakes—so attractive in appearance that they tempt even the jaded appetite, so varied in flavors that there is one to suit every taste; mouth-melting sugar cakes, old-fashioned cookies, spicy ginger snaps, light, spongy honey sweets, flavorful southern molasses cakes. There are dainty combinations of rich little cakes with selected jellies and fluffy marshmallow; some are covered with vanilla, lemon or nectar icing; others are embellished with coconut; still others are coated with rich milk chocolate or flavored with fine natural chocolate.

Differing in colors as they differ in flavors, they add charm and good taste to the daintiest spreads. And how convenient they are for you. Just step to the telephone, call your grocer and tell him to send you exactly what you want—the Green & Green Crackers or Cakes of your choice.

Even as we started in business, we set up this ideal—to make Crackers and Cakes unusually good always—to deliver them oven-fresh to grocers—to deal fairly with all—and to keep our minds open to suggestions for improvements. Such success as we have attained is the result of living up to that ideal.

We Pledge You

That in the future, as in the past, we will serve you as you would be served.

That we will use only the best materials that we can buy.

That we will not depart one iota from our high standard of purity and cleanliness in preparing and packing our products. That we will deliver to your grocer Green & Green Crackers and Cakes with the bloom of the oven still on them. And that goods in the double-enamed green tins and bearing our trademark are backed by our reputation as manufacturers of good-goods.

The Green & Green Cracker and Cakes that you buy tomorrow will be just as good as those you buy today.

THE GREEN & GREEN COMPANY

Bakers of Unusually Good Crackers and Cakes



SEAL OF OUR PLEDGE
Goods bearing this trademark are backed by our reputation as manufacturers of good-goods.