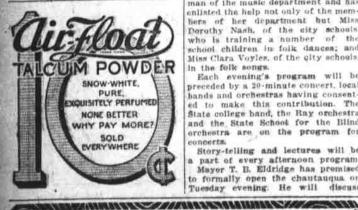
Tables: April 8—is custime or a propose of April 25 with Nrs. 7 E. Indicating the commission when has recently been as a superior of the control of the cont

three days. It will open on the aft-



feature of the first evening's program. Mrs. E. E. Randolph is chairman of the music department and has inlisted the help not only of the memenlisted the help not only of the mem-hers of her department but Miss Derothy Nash, of the city schools, who is training a number of the school children in folk dances; and Miss Clara Voyles, of the city schools. in the folk songs.

evening's program will be receded by a 20-minute concert, local bands and orchestras having consented to make this contribution. The State college band, the Ray orchestra and the State School for the Blind rchestra are on the program for

Story-telling and lectures will be part of every afternoon program. Mayor T. B. Eldridge has promised formally open the chautauqua on sday evening. He will discuss

which Mrs. R. L. McMilian is chairman and a local health exhibit by the health department, with Mrs. F., M. Register in charge. Barbecue and brunswick stew dinners will be served by Mrs. Jule B. Warren's department of agriculture: Miss Anna Richardson, chief of the home economics and Mrs. J. J. Bernard's department of social service. The civics department, of which ington: Misses Agnes Elien Harris vice. The civics department, of which ington: Misses Agnes Elien Harris and Ola Powell, field agents in the planning and city gardening with the accompanying films.

Women Will Attend Economic Gathering

Three North Carolina women, well known in the field of home economics will take an active part in the meeting of the southern home economics association which will be held in St. Augustine, Fla., April 10-12. Miss Edith M. Thomas, supervisor of home economics in the division of voca-tional education of the state depart ment of education, is president of the association; Miss Mande E. Wal-lace, assistant state home demonstration agent, is secretary-treasurer; and Mrs. Jane S. McKimmon, state home demonstration agent is sched-uled for one of the principal addresses Home economics experts from all sections of the south are expected to attend the meeting. Another North Carolinian, John Paul Lucas, direc-

Apply Sulphur as Told When Your Skin Breaks Out

Any breaking out of the skin on face, neck, arms or body is overcome quickest by applying Mentho-Sui-phur. The pimples seem to dry right up and go away, declares a

noted skin specialist.

Nothing has ever been found to take the place of sulphur as a pimple It is harmless and inexpensive. Just ask any druggist for a small jar of Mentho-Sulphur and use it like cold cream. hd.

sel and plenty of water. Put enough dye to the pound of goods (weigh the state relations service, Washington, Miss Grace Lindsley, manager of the Grace Dodge hotel, Washington. goods always) according to direc-tions. Wonderfully beautiful results may be obtained Unbleaching sheet-

One of the important matters to be incussed at the meeting at St. Augusthe American home economics association. The American association is now being re-organized along regional lines, and it is regarded as prob-able that the southern association will become the southern division.

Mrs. McKimmon Talks On Beautifying Home

In a recent talk before the farm women's concention in Sanford Mrs. Janes S. McKimmon gave a numbe of helpful suggestions and hints or how to beautify the home in an inexpensive way.

"Don't buy furniture with a disre-gard to its usefulness," said Mrs Mc-Kimmon in impressing the fact that the home being a place in which to live must be above all things com-fortable and restful. "Consider whether it is necessary and if it is beautiful. As the floor is the background on which we display our furniture it should be unobtrusive. It is to be walked upon, of serviceable dark col-or, not to be noticed as we enter. It should not be lighter in color than the walls and cellings. A dark shade of brown is good taste and not a light shade of yellow pine nor light

k. The floor coverings are no longer brilliant, the large gay flowers and animals of years ago, upon which we almost feared to step, are no longer used in the well furnished home, but solid colors of soft shades are most proper, conveying an idea of comfort. Sometimes a dark background may be mingled with small figures, which is an improvement only in that the solid colors show all footprints. The old-fashioned plaited home-made rugs are most beautiful and can be made from old materials which have been dyed at home in greys, old blues, a little dull red, with black border-these colors not being decidedly brilliant have the effect, at a distance, of one solid color blend-

"The walls should not have any oold and in keeping only in the hospital for its spotlessness and clean lines which we naturally expect there. A greyed green is good for a political positions whom they would restful room. If the ceiling of a not tolerate in social or business room is high, use cream colored tinting over both walls and ceiling; on the contrary if the ceiling is quite. General News Notes low have it just a shade lighter than the side walls.

"Arrange your rooms with thought of balance and harmony. To have a balanced room, avoid placing a light chair on one side and a heavy table on the other. In a well balanced room the furniture is appropritable on the other. In a well hal-anced room the furniture is appropri-ately placed with an idea for comas a center, as it is the only thing that cannot be moved, arrange the Orleans, later. furniture with an eye to balance from things arranged comfortably and umes each that are sent out for a where most needed. A chair is usu-period of three months and renewed ally placed where it is needed. Place for another three months if requestthe reading table near a good light ed. In closing she gave the follow-on which are the things you wish to use, books, sewing basket, and finish author showing the importance of by placing your own easy chair near books in the home: "A home without the lamp. Make this a cozy, restful books is like a hearth without a fire; room. On the other side place the a cuphoard without stores; a purse if you have an old what-not, make this, by unscrewing it, two small bookcases for your favorite books. This makes a good group for the sofa ends.

HEADS-DISSOLVE THEM

questing and pinching out blackheads make the slarge and cause irritation—then, too, after hive become hard you cannot get all of these Blackheads are caused by accumulations of and dirt and secretions from the skin and it is only one safe and sire way and our that rails to get rid of them—a simple way, too-is to dissolve them. Just get from any deng shout two ounces of calonite powder—sprinkle like on a hot, wet sponge—cub over the black-is trickly for a few acconds—wash off and it be surprised to see that every blackhead has popeared, and the skin will be left soft and the sin their natural condition—snyone troubled those unsightly blemishes should try this aimmethod. ture for balance and harmony and to have as far as possible, light walls and darker floors."



human body-that tiny network of nerves and muscles which produce vision. Is it any wonder, then, that 7 out of every 10 men, women and children have defective vision? And because the eyes are interrelated with every other part of the human unit, these defects are the direct cause of many physical ills, such as nervousness. headaches, stomach disorders, etc.

THE OLDEST IN AMERICA THE BEST IN THE WORLD

GREENSBORD MUSIC COMPANY

"Everything Musical"

Minister Gains 10 Pounds in 15 Days through Ironized Yeast

"Fighting Parson," World War Veteran, Tells of His Amazing Restoration to Health

HAVE taken only one and a half packages of Ironized Yeast, yet I have gained ten pounds in 15 days."

Such is the remarkable statement of the Rev. L. W. Vandergriff, pastor of the Fairview Church, Athens, Tenn., whose experiences during the world war have caused him to be known by many as "the Fighting Parson."

"I was crippled up in the army, and have been in ill health ever since. But now, thank God, I am on the road to recovery, and feel better than I have felt in five years. I am only too pleased to give this testimony, for I think I am doing my fellow man a service if I can induce him to try Ironised Yeast."

From everywhere come equally surprising reports of the apparent "miracles" performed by IRONIZED YEAST. And all because IRONIZED YEAST embodies an exclusive scientific process—a process which enables yeast to bring its wonderful results often in half the usual time!

"Gains 9 Pounds" "IRONIZED YEAST has been worth \$500 torme. I have gained 9 pounds and my skin has become entirely clear." —Mr. J. M. G. "Gains 6 Pounds"

"The improvement in me since tak-ing IRONIZED YEAST is just won-derful. Now I eat heartly, never have that tired-out feeting, and I have gained six pounds."—Mr. E. B. C. "Gains 8 Pounds"

"After one box of IRONIZED YEAST I have gained a pounds, my skin is clear. I gow sleep sound's ever night. It is the greatest tonic I ever heard of."

—Mr. A. G. B. "Gains 10 Pounds" "I think IRONIZED YEAST is a wonderful flesh-builder and fine for the complexion. I have gained in

the complexion. I have games the complexion. I have games pounds after 1/2 packages.

—Mrs. J. K. B. "Gains 7 Pounds" "Before taking IRONIZED YEAST weighed myself. Then I weighed syself two weeks later and to my mywelf two weeks later and surprise I have gained 7 pounds."
—Miss M. G. W.

How the Process of Ironization Makes Yeast Doubly Effective

While Science admits that yeast is of wonderful value in building flesh, clearing the skin, and increasing energy, it is found that yeast alone is not enough to bring 100 per cent results. For while yeast contains certain vital elements-lacking in diet, yet essential to health experiments prove that some other agent is needed in order to quickly CONVERT these important yeast elements into new firm tissue, energy and health.

Everyone knows the great value of iron in changing our food into living cells. So working on this problem, our scientists finally discovered the amazing process of ironization—the scientific process which enables you to derive from yeast ALL of the wonderful benefits it

The Only Yeast That Is Genuinely Ironized

This remarkable process of ironization is embedied ONLY in IRONIZED YEAST, the one scientifically correct yeast treatment. IRONIZED YEAST is superior, therefore it is widely imitated. You are cautioned against accepting cheap inferior imitations, which in most cases are merely mixtures of ordinary yeast and iron. Always insist upon the genuine IRONIZED YEAST. It is the only way you can be sure of getting the best. Get IRONIZED YEAST from your druggist today. \$1.00 a package. Satisfactory results guaranteed -or money back.

FREE! While IRONIZED YEAST is sold at all druggists on our Satisfaction Guaranteed basis, those who wish may try it absolutely FREE. Son ply mail the coupon. It will bring you the famous Three Day Trial Treatment. The results, even from this short test, will very likely surprise you. Send for it now.

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Free Trial Coupon

The Ironized Yeast Co. tlanta, Ga., Dept. 226 Please send me the famous THREE DAY

State

Only One Trial Package to a Family

of New York city, at the Raleigh Woman's club under the auspices of the club, the League of Women Vot-"Shop in Greensboro" ers and the Business and Professional Women's clubs was the first venture of the kind the club women bave undertaken and proved a thoroughly successful one. An intensive three or four-day school, the women believe, stimulates more interest and enthusiasm among the citizens gen-erally than citizenship classes meeting monthly,
Miss Shuler's first lecture, "When
a Vote is not a Vote" on Tuesday afternoon caught the women in a fever

of excitement over the million dol-lar school bond issue, the outcome of which was then banging in the balance. Tuesday was election day "A vete is not a vote when it is so poorly protected that a citizen has been defrauded through trickery at the polls so that his vote is not recorded as he cast it, or when he has abused the most sacred gift of a free government by cheating and casting more than one vote to which he is entitled." On Tuesday night the lecture was one of special appeal to the business and professional women. In talking to the women of their responsibility in government Miss Shuler emphasized the fact that they must enter politics gradually, interesting themselves in municipal af fairs such as good schools and hospi tals, good roads, good health sanitary conditions before they

ing makes up into attractive pillows,

draperies, and spreads. Use cretonne coverings on chairs. Strive for the

soft shades and any woman with ideas

and determination may have an attractive home at little expense, al-

ways remembering to arrange furni-

The school of citizenship conducted this week by Miss Marjorie Shuler,

Raleigh Stages a

Citizenship School

room; the present inclination is for cream tinta or colorings, and for a cold room on the north side a little yellow may be added for warmth; greys are good, but no longer are the big flowers used as we realize the walls serve also as a background on which we display our choice pictures and pleese of furniture, yet, sometimes in the hall where very few pictures and pleese of furniture, yet, sometimes in the hall where very few pictures and pleese of furniture. times in the hall where very few pic-tures and pieces of furniture are used, serve the government. Women are flowered paper is permissible, as an bringing a very peculiar point of view added touch of decoration. Do not into politics, she said, "when they use a glaring white—it is hard and begin to place the good of the public

Of Interest to Women

Miss Frances Williams, of Elizabeth anced room the furniture is appropri-tately placed with an idea for com-fort and use. Taking the fireplace as a center, as it is the only thing.

furniture with an eye to balance from either side. Place the desk on one side, the bookcase on the other, and by this method of grouping and arranging, make your room one of comfort, beauty and poise. Every piece of furniture should be placed flat against the wall and the rug straight on the floor—there should be no uneven or cat-a-corner placings—which give an uneasy feeling. Have things avranged compossible and

This makes a good group for the sofa ends.

"Old-fashioned manogany furniture may make a beautiful arrangement when placed right, against properly tinted wails and floors, with correct relative grouping. In the country where there are no electric lights the old-fashioned lamps used as lights in one artistic home were beoded in soft yellow cretonne with black motiful wains simply a wired shade over the lamp chimneys. A bit of bright color is good and may appear to advantage in pillows, lamp shades, footstoois, vases or a pair of bright candlesticks.

"Don't crowd the walls with pictures Family pictures should be hung in your own room and not in the living room where a few good pictures or a mirror should grace the walls—rach hung low enough to be on a level with the eye, the mirror low enough to reflect one's self. All should be swung from picture moulding by wires to two upper corners. Don't let them up forward as of old, when they were hung so high they had to be tipped forward to be seen. Never hang pictures from one nail allowing wires to run to a point in the middle. It possible use relative process of furniture, if not make the best of what you have For in-

the best of what you have For in-stance, in one girl's room was an iron erly of North Carolina, was recently bed golden oak dresser, small mabog-rie ted to the city school committee



Complete Your

Easter Shopping

In Greensboro

There's Spring and youth in the air!

Following the lead of the trees, young folks everywhere will put on new "foliage" next Sunday.

Where is the person not young enough to thrill to the joy of dressing up-even though it be only the addition of a new bright feather on last year's hat?

In Greensboro the shops are fairly bulging with new Spring things.

The woman who wants to buy the new feather will find just as wide a selection-and just as courteous service as she who is buying an entirely new outfit.

Dresses-Hats-the newest hose-the smartest footwearthe most desirable underthings-all await your visit-and your comfortable selection.

Nor has the male of the species been overlooked. He wants new "foliage"—he wants a smart new suit—with a spring hat to match.

He is ready to lay aside the high shoes, and step into the fashionable low shoes that will show those new silk hose.

There's variety-there's quantity-there's economy for people who shop in Greensboro.

Complete your Easter wardrobe in Greensboro and your "wardrobe money" will buy more foliage.