SARAH D. LOWRIE'S SATURDAY EVENING TALK

Happiness Is Just as Necessary in Life as Goodness

of songs in the Old Testament that were written to be chanted by the people—
the Psalms—every time one comes across that "blessed" he can measure for hims that are part of the circumstances self whether or not happiness was part which surround me play have with the

those that are persecuted for righteous, ness, those whom men revile for the sake of their Master, and so on. In reality we could as well substitute things that make as lose out. Trite as "happy" for "blessed," and come as lear the meaning as blessed is, but in any case it is a state that is the reverse of "fightings and fears within, with out," and one could desire no more second." And it is a condition for onese!

And it is a condition that we are urged the taking for granted that unhappiness is the result of new things, and that the paper is the result of new things, and that the paper is the result of our own as the substitute of a frequent stances are removed. We do not accept classifications as food, sleep, happiness, such things as food, sleep.

actually do mourn, are pour in spiril, are meek, have to be peaceanthees, misting uard our hearts by purity, may be ill spoken of, and even ill-treated. It is not something for heaven. It is what we have every right to expect now of our beings that they may come to flower, so to speak, for us in happinose. It is what we have given great notation in the contribution of the speak for us in happinose. The may be doubtfully good adverse, while comes early in the mount, through of the winding my garden to accept for the winding meet summer. Each plane will come rather the happiness seems to me unitarity, that it will be in developing the search of the plants, that it will be in developing the search of the plants, that it will be in developing the search of the plants will come refer to have again meet summer. Each plane will come to be completed the work of putting my garden to accept for the winding my garden to accept

when the coming cold, through which is must survive the winter. If it is to sprout in the spring. I've seen in 1918 to the spring. I've seen in 1918 to the spring in the spring. I've seen is 1918 to the spring in the spring. I've seen is 1918 to the spring in the spring.

If WE are perfectly names that in the spring.

If WE are perfectly names that in the spring into existence, why are we so third about our own person for each spring into existence. Why are some of the material near it is not head from the section of the material near it is not head from the near it is not near the material near it is not near the material near it is not near the material near it is not head from the section of the material near it is not head from the warm in an interest near the material near it is not head from the section of the material near it is not head from the warm in the material near it is not head from the warm in the material near it is not head from the warm in the material near it is not head from the warm in the material near it is not near the material near it is not ne

grass of the fields, here and next.

Why put off being happy vil we say

Let us go in fer it, and keep going

until we have it. I say It is evidently not a thing that deognition, or on being unselfish, or on

ognition, or on being unselfish, or on even being dutiful.

We have all of us observed good mushappy persons, and very dutiful are happy persons are facultar - z.its and sounds! I have known some persons who have awful trouble, who yet are blessed—happy! That the me with wonder. I feel like walking all around them and saying to them:

"How in the world do you make How in the world do you man-

And again I have known very loving. expansive souls, with a corrient ten-dency to hapse into induspoints — night. ings and fears within, without;
If they were plants I would not have them in my garden because they are not turning our to be fully what they were created to be haptry.

One cannot look under the derives of

One cannot look under the leaves of the generality of tolks and say for sure what is wrong with their growth, but one can examine encestly. And I venture to say that if I can not happy, it is because I am very faint happy, it is to the possibility of helps larger and their arrangement, given the circumstances that surround me. Ten to one I have diagnosed these are extend prescribed rail rireumstances as making at patocealite are certain prescribed rules, and the that I—being what I non-can that heppiness in them. So, care pleus! I turn my attentionable being at least re-

GRACIDIS When a composition of the second of

of our upper ones when we smile.

No wonder there are lines from our mouth and our eyes both out rough? No wonder a foliar persons who have not given up being hapes [250] avoid out of the color value of flowers should be ladiently persons who have not given up being hapes [250] avoid out of the color value of flowers should be ladiently considered. Never per put the color is manual where the designant given up being hapes [250] avoid out to color is orange or bright loanest the designant color is orange or bright loanest the color in a rough which we can exceed a color than the color is orange or bright loanest the color than the color is orange or bright loanest the color than the color

born to become?

On the other hand, if theirst neturally did tell men that He hand found a way to happiness blessedness—possible to all who followed where He led, here and new? In spite of tribulations and mourning, death and hardships, what in the world but our own stupidite; to hinder our taking Him at His word and going in for what He world but our own stupidite; to hinder our taking Him at His word and going in for what He world but our own stupidite; to hinder our taking Him at His word and going in for what He world believe to be the control of hinder our taking Him at His word and leave to be the control of him to be the control of him the control of him a gray reads, with notes of them, but she could never then but our sets and here shaken. She had been sure of him then be the could never the co mourning, death and hardships, what in the world but our own stupidity is to hinder our raking IUm at His world and going in for what He proved was the Way, the Truth and the Life!

Scarrier flowers in a vellow roung, are imaged perhaps in a black or dail graph have a difficult in the world but our own stupidity is to hinder our raking IUm at His world and going in for what He proved was the Way, the Truth and the Life!

Scarrier flowers in a vellow roung, are imaged perhaps in a black or dail graph have willingly into Steele's arms had been shaken. She had been shaken. She had been shaken, then, but she could never be quite so that raght when she had gone willingly into Steele's arms had been shaken. She had been shaken. She had been shaken. The could never be quite so that raght when she had gone willingly into Steele's arms had been shaken. She had been shaken. She had been shaken. The could never be quite so that raght when she had gone willingly into Steele's arms had been shaken. She had been shaken. She had been shaken. She had been shaken, then the could never be quite so that raght white also had been shaken. The could never be quite so that raght white she had gone willingly into Steele's arms had been shaken. She had been shaken. She had been shaken are shaken. She had been shaken at the could never be quite so that raght white she had gone willingly into Steele's arms had been shaken. She had been shaken. She had been shaken at the could never be quite so that the could never be quite so the could never be proved to the could never be a shaken at the could never be a shaken at the could never be quite so the could never be a shaken at the could never be proved to the could never be a shaken at the could never be a shaken at the could never be proved to the could never be a shaken at the could never be a shaken

might be a furtherance for me, what you . Endless combinations tempt one to not believe that Steele would keep his do not need by way of a discipline, I citation, but the thing to remember is organise to her. He would intend to bet may need builty. Frest may kill you color again, line and mass. You be the time would come when he would and be just the making of me. The come an artist working in color and forget, and when that time came she great point is to know that you are form when you begin to arrange flow-must be ready for it.

more perfect the lister. It cannot be ers. Always remember that you are meant to come to a perfect whole, the cry. Always remember that you are naking a picture and think nor only of the group but of the background.

But naturally if one is to be happy one does not sit resigned or complessant when one feels auturppy.

when one feels unlimpty.

Every sort of onliwerd eleminstance has its inward menace to happiness. If you are poor and in danger of being poorer, there are the mean worries that can tempt one hourly. If you are very rich, there is the almost certain temptation of restlessness, as easy to gratify, and yet so fatal to gratify. If you are occupied and successful, there is the temptation to gain the whole world and lose your own life. If you are ill there is the temptation to being more ill than n need to be a complete invalid, as he phrase has ft. If you have no one lep dent on you there is selfishness

THEARD some one say the other day that one ought not to pray to be bappy, it was enough to desire to be sood!

And, indeed, there are some Christians who think that handness is not part of the program of life; trial, adversity, uncertainty, loss, interruptions, fightings and fears within, without, etc., are. One often hears the unhappinesses enumerated, mostly in hymns which we are supposed to sing in praise of God.

The word for blessed in the writings of the Bible corresponds most nearly to the refore, that one catches the sound of that word "blessed," either from the snyings of Christ, or from the makers of songs in the Old Testament that were written to be chanted by the peaulte.

TE I am solve to "come along," If you have many dependent on you, there is the temptation to neglect yourself. And one can think of a score of ways where circumstances rather than our power of choice saps our lives to our own detriment, and to our own unhappiness.

For every flowering plant in my garden there is sure to spring up nearby a weed that does not flower with any beauty, and that is a fat liver and takes space and air and plant fored that should go to the plant that I have placed there. Generally it looks like the plant, and a new gardener mistakes it for the plant and lets it thrive, with the result that the real plant is crowded out or is even killed, and the result further is—no tlowers.'

of God's plan for human beings. 10st billities for happiness - well, in one WE ARE some of us very familiar also it is so unnecessary that it is more with the sound and rhythm at least a crime on my part than a misfertune, of what are called the Bentitudes; i. e., Because you live on the slope of a blessed are the peacemakers, the merel, thill you need not take it for grantolful, the pure in least, the poor in that you must tumble down and get spirit, the meek, those that mourn, smashed up. Enjoy the view! It is those that are persecuted for righteous; the taking for granted that unhappiness.

cause of all these things that give it what it needs, evel will come to shower. I could very with an an indicate this very moment. Blessed are yet that are wilted new by freet, for only so can your tubers be given strength than all agreeing that it is the life that the weal leads that makes the life that the weal leads that the weal leads into make the life that the weal leads that the weal leads into the third with the vicinity have according to the second with the

THE HOME IN GOOD TASTE



ther heighbors across the Photon

EACH for binself in one sense, he are might be a furthernance for me, what was might be a furthernance for me, what was sense that the might be a furthernance for me, what was sense that the might be a furthernance for me, what was sense that furthernance for me, what was sense that furthernance for me, what was sense that for the furthernance for me, what was sense that furthernance for me, what was sense that for the furthernance for me, what was sense that for the furthernance for me, what was sense that for the furthernance for me, what was sense that furthernance for me, what was sense that furthernance for me, what was sense the furthernance for me, what was sense that furthernance for me, where the furthernance furthernance for me, what was sense that furthernance for me, what was sense that furthernance furthernance for me, what was sense that furthernance furthernance for me, what was sense that furthernance fu

a New Dance

That is really on old one made over by sending for the "Hall of Fame" Halloween party, which has been arranged especially for you this year. Send a self-uddressed. stamped envelope to the Editor of the Woman's Page, to find out about this dance and all the other entertaining stunts for October 31.

Adventures With a Purse

DESPITE the fact that some babies love to spinsh about in the bathtub, there are others who do not like it at all, and I remember a small cousin of mine who kicked and put up quite a howl when he had to submit to his daily bath. But as taking Dolly to bed works like a charm, so does taking some kind of toy into the tub. There can be bought a red rubber sponge in the shape of an elephant, a bright green bow about his neck. When he goes bathing with the baby it is great fun for the little person to slap around in the water with the sponge, which costs thirty-five cents.

If you would be very extravagant and make the most dainty of fancy spreads for the bed, let me tell you of some lace I saw. This is no ordinary lace and will not be appreciated really unless you see it, and when you once do, well, you'll know that there is one of the things for which you have been looking all your life. Made by hand in faraway India, the gossamer threads look as if they must have been woven by fatry fingers. The piece I have in mind is eleven and one-half inches wide. This can be joined with white net and will make a truly lovely bedspread. The lace is \$3 a yard.

For names of shops address Woman's Page between the hours of 9 and 5.



Snoring is caused by the intake and expulsion of air through the mouths of people who are asleep. These streams of air cause the soft palate and the uvula, or fleshy conical body which is attached to the soft palate at the back part of the tongue, to vibrate. This vibration is possible during sleep because these parts are at such time with-out nerve control. When we are awake we are able to control the passage of these streams of air into and out of the lungs in such a way as to prevent the vibration of these parts. This is most easily accomplished by breathing through the nese and not through the menth. Shoring is, unfortunately, an involuntary act, but may be produced by voluntary effort when awake.

Hiecoughing is produced by the

Hiecoughing is produced by the spasmodic twitching of the diaphragm. a thin muscular membrane which divides the chest from the abdomen. It action in sympathy with the condition of the stomach. The muscular twitches and jerks of the diaphragm which are the movements that produce the hie cough, are only an attempt to aid the stomach in its efforts to get rid of something that is causing the indiges-

Sneezing is caused by the effort of the parts affected to expel particles of matter or odors which have entered the nostril and which excite the nerves of feeling or smell located there. When-ever matter or odors which are distressing to these nerves enter, the nerves caused the muscles to get in a manner which is intended to eject whatever is causing this irritation. In some case it is an unpleasant smell which excites the nerves of smell, and in others it is objectionable matter which excites the nerves of feeling, located in the nose, causing them to produce the sneeze.

Monday-Where Did the Name "To-

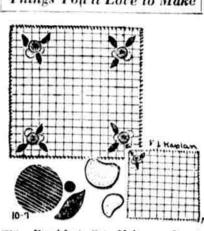
Antoinette Donnelly's

Advice on Beauty

8. 1.—Losing eight pounds in three weeks, which you cannot afford, and the baggy eyes indicate an early call on By CYNTHIA will not postpone. It is serious to lose weight like that, unless one were de-Weight like that, unless one were de-liberately reducing. Are you unhappy about something? Cannot cat and cannot sheep at seventeen, if not a serious love affair would certainly mean the argent need of medical attention.

MILLIE-Two too stout ankles stand between you and a chorus girl job. With your heart and ambition pinned upon the electric sign you have

Things You'll Love to Make



The Reason for Not Doing Wrong Is That Everybody Shouldn't Do It

It Is the Responsibility of Each One of Us to Keep Our Little Share of Humanity Right for the Sake of the Whole

MOTHER," exclaimed the girl who had just come of age, "I don't see why you won't let me go to n matinee with Jack alone. I'm plenty old enough to do it; all the other girls do, and it isn't as if we were going at night."

The hurt that you do to some one else n.ay be as a direct consequence of your wrongdoing, or it may be the result of your example.

Younger girls may see you doing something deliciously daring—and immediately begin to copy you.

Some one who is tempted to forget the difference between right and wrong.

do, and it isn't as if we were going at night."

"I know, dear," explained her mother, soothingly. "You really are old enough, and I wouldn't object, since we know Jack so well, and I know you'd behave properly, too. But you know sister is so rebellious, and she is just at the age when she wants to do everything you do. If I let you go, then she'd insist upon going without me, and she might slip awny some time from boarding school to go with one of the boys. I can't watch her there, and I must get these things well implanted in her mind before she goes away again."

A FAMOUS writer once said that the real reason we should not do things which are wrong is that if everybody did them civilization would go to pieces. It's all very well to say, "Oh, well, It's all very well to say."

for you to do yourself is forbidden be-cause if somebody else did it or if everybody else did it the result would be a great deal of trouble and harm. This is one of the hardest lessons of life to learn.

As its truth comes home to you, you begin to realize for the first time that you cannot live to yourself alone with-out stirring up difficulties for some one you have never heard of. THE skating on the thin ice of pro-

I priety that you may be able to get away with does not burt you, perhaps, if you try it once or twice.

If you do it, you are letting down your ideals, loosening up your con-

hairbrendth escape from detection there, ideals and your loyalty to them, you you are bound to hurt either yourself have acquitted yourself worthly in this

But that isn't the way to look at the matter.
Suppose you never did anything nice for anyondy else because you were one out of millions and it wouldn't count.

out of millions and it wouldn't count.
Suppose everybody in all those millions said. "Oh. well, I'm only one out of millions. Why should I worry about right and wrong? Why shouldn't I lle and steal and kill people and knock others down so that I can take their places? What difference does it make in the long run?"

And if you say it why shouldn't everybody else say it?
That is your responsibility in the

That is your responsibility in life. you try it once or twice.

But the fact remains that it is little part in this great whole, turned to the right.

You may realize this and stop in time.

But if you don't realize it and do go on taking a chance here, making a hairbreadth escape from detection there, ideals and your loyalty to them, you

Several Ways of Doing It

For the very fastidious there come now some enchanting searfs for dressing table and chiffonier. They a slight lining to give it body, and fin-ished all around with a band of metallic ribbon in a different shade. Of course, all that does sound rather

expensive, but it could be duplicated in voile or a plain colored gingham and give much the same effect.

It's a Strange Time

To be giving a garden party, but when you hear that it's a way for children to have fun on HALLOW-EEN, and that each one dresses as a flower or a vegetable, that there are appropriate games to be played and refreshments and decorations that carry the idea still further—you'll surely want to send to the editor of the woman's page for the plans for that party, and use it for your own small son or daughter.

FAVORITE RECIPES OF FAMOUS WOMEN

By IDA M. TARBELL

How to Mix Salads pinch of salt, sprinkle of pepper, A niggard with the vinegar. A spendthrift with the oil, and A devil of a stir.

Monday-Kitten's Tongue, by oppright, 1922, by Public Ledger Company

POMPEIAN **OLIVE OIL** Sold Everywhere

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Expresses But Poorly The Unique Flavor of

TRY IT FOR YOUR NEXT MEAL. BLACK (Crange Pekoe Blend) MIXED or GREEN SPILLER & CO., WHOLESALE AGENTS, 7 SOUTH FRONT STREET, PHILA., PABELL TELEPHONE LOMBARD 6744

Nature's gifts developed~ IN the plump kernels of wheat and barley, Nature

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There is no other food like Grape-Nuts!

Try a dish of appetizing Grape-Nuts with cream or good rich milk for breakfast or lunch. It is completely nourishing, convenient, economical -a wonderfully sustaining and satisfying food for these fine October days.

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Made by Postum Cereal Company, Inc., Battle Creek, Mich.

Please Tell Me What to Do Welsome to the Column

I ham a stranger in eval and wish to just chalten and rather an idlot not to know it by a little word mirrors in my little word mirrors in the content. writers all seem like as the reason I'm writing this family. May I

A rough cloth coat

for everyday;

a silk wrap to wear

over a brocaded frock;

an evening cloak of soft fur:

or ove of white velvet

adorned with sprays

of jet beads.

over and he had produced moved to report to be again. It is by after the bad folian askets. After had deposit out of her lattle if it leads for a long of time before the order of the bosoning

She love I kim still has that wire the exactly of it, heavier in little him so hard note than be loved her

but she hand him up a tristile with a co-

thing -- she could bring him any harms

I. She would meet usk about his past, of

Herore, she built needed be-

seems she would have recepted

Not not limit be the power to make

the that night, coming out of a lab to the On Legal Matters

armation.

adviced the world to see into her heart, but hever again. She had been had to Louis C. Answers "All By Myself" mitting) ment her, through which we one could a strate. As for her hashand, it was

WHAT'S WHAT Ity Helen Decie



absolutely necessary

the reason I'm writing to the feature of the process of the following to the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers have said to court must the describe the final papers. The final papers have said to court must the describe the final papers have said to court must the describe the final papers. The final papers have said to court must the describe the final papers to do some vigorous kick-ling to shed the flesh. It is show work this training down ankles, unless you work at it like everything. But I have some very good exercises, for which I would request the stamped, addressed envelope. Kindly repeat your request when you send it.

SINBURN Equal parts of linseed oil and linewater for the sunburn, Best remains (I'm not giving your most interesting (I'm not giving your most interesting (I'm not giving your the customary flattery, but a sincere expression and the final linewater for the sunburn. Best remains the final linewater for the sunburn, Best remains (I'm not giving your most interesting (I'm not giving your most interestin

Answers "All By Myself" had been supported by the second of the second o "LOUIS C." No, my fraud no monopoly of the olumn, but an excusional letter,

> In a Quandary lear 'ynthe. This is the first, time I have written to you. I am in need of some advice and am shout to are a question, for I think you are the only person who can answer.

I am a girl of eighteen and I have I am a siri of eighteen and I have gone out with a certain young man quite a few thans, on one ocasion he acked me to keep steady company with him for course. I readily consented, as I am a sy machine love with him. Recently I readily consented as I am a sy machine love with him. Recently I readily only with him. Recently I ready a note from nim telling me he find been out with one of my girl friends the night before, but it was not lide fault. A friend of his also knows this girl friend of mine, and had her in his machine when they called to take my sweetheart out with them, but he was to have my friend

The Woman's Exchange

The Woman's Exchange

Just About Correct

To the Editor of Woman's Page

Inter Madan. I would like to kind

Inter Madan. I would like to keep loud

Inter