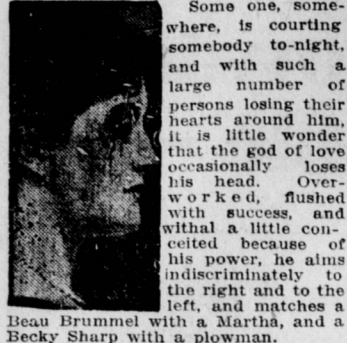


Women and Their Interests

MAY PROVIDENCE INTERVENE

BY BEATRICE FAIRFAX



Some one, somewhere, is courting somebody to-night, and with such a large number of persons losing their hearts around him, it is little wonder that the god of love occasionally loses his head. Overworked, flushed with success, and with a little conceit because of his power, he aims indiscriminately to the right and to the left, and matches a Beau Brummel with a Martha, and a Becky Sharp with a plowman.

He whirls his victims till everything around them assumes one shape and one color, and the wrong sweetheart looks like the right one, and the counterfeit love looks like the real. It is while they are still dazed, clutching fast to whatever comes first within their grasp, that they reach the marriage altar and then the trouble begins.

The Cause

Such trouble and so much of it, and all due to matrimonial misfits, it is a wonder that there doesn't arise in the hearts of those still free a little suspicion of the good intentions of Dan Cupid, and a determination to come into their own heritage of love with eyes wide opened. It is a wonder that young men and young women, sane and wise in ordinary transactions, do not display at least a grain of common sense in this one big and most important transaction of their lives.

The writer of the following letter

says he has a good position in business. How he holds it with the amount of credulity he displays in his letter is a mystery. If some one came into his store and wanted to give him pennies for dimes he would feel that his intelligence had been insulted, but to come a woman who makes a similar offer, and he doesn't know what answer to give!

She is a widow with a child; he is only 22, and she hinted that she would like to marry him.

"What," he pleads, "shall I do?"

Loss that "good position," and then see if she wants you to marry her? I doubt it. The women who are the real bargains on the matrimonial counters are not going around, with their children in their arms, hinting to mere boys to marry them.

Don't Risk It

A woman writes that she is a widow of 25 and has a son of 8, and is engaged to a man of 23 who hates her child, and makes no attempt to conceal it. Shall she marry him? she asks.

Again it may be stated that the women who are bargains on the matrimonial counter are not engaging themselves to men who play their prospective stepchildren. A woman who is worth while loves her child first of all and considers its interests first. Unless she does, her love is not worth much to any man.

A young man of 29 loves a widow eight years his senior. He has a small salary, and she is extravagant and fond of pretty clothes, and would bring in her demands on him, not only personal wants, but the care and maintenance of a young son. What, he asks, should he do?

Run, young man, run! Your extreme youth gives you the right to run, and run hard.

"Eighteen" wants to know if she

should keep company with a young man who calls on her when intoxicated. She says that she would like to accept his attentions, knowing that she would never marry him.

There are others better fitted than I to give advice in a case like this. They are the gaunt, haggard, half-starved, ill-reputed victims of drunkards. Let "Eighteen" go to them!

When marriage becomes the Lord intended it to be, and ceases to be the national lottery, then will this earth be ready for the millennium.

LET IT END DEAR MISS FAIRFAX:

I have been keeping company with a young lady for the last eight months and in the last four weeks we have been quarrelling. I know she is true to me, for when I do not meet her she is always home.

When I first became acquainted she was loving and now has changed. We had many quarrels, but I gave in and now I would like to be advised what to do, as I thought it was right for me not to give in any more, nor make a change.

DANIELS.

"Make a change," and do it in the realization that if her disposition has changed since knowing you better, the fault may lie with you.

A stormy courtship doesn't promise a peaceful marriage.

LET IT END DEAR MISS FAIRFAX:

I have been keeping company with a young lady for the last eight months and in the last four weeks we have been quarrelling. I know she is true to me, for when I do not meet her she is always home.

When I first became acquainted she was loving and now has changed. We had many quarrels, but I gave in and now I would like to be advised what to do, as I thought it was right for me not to give in any more, nor make a change.

DANIELS.

"Make a change," and do it in the realization that if her disposition has changed since knowing you better, the fault may lie with you.

A stormy courtship doesn't promise a peaceful marriage.

Madame Ise'bell Advises Thin Women to Look to Their Digestion



LESSON XIII—PART I. Excessive Thinness.

Excessive thinness is more difficult to treat, as a rule, than obesity, for it is generally the result of mal-assimilation, which is really a disease. Food reduction will mitigate or entirely cure most cases of obesity, but to increase food consumption is by no means an efficacious method of treating thinness. Mal-assimilation may result from many causes, which are not always easily diagnosed, and in such cases a diagnosis should be made by a skilled physician and a regime laid out and followed.

There are other cases where apparently healthy women fall below the average in weight; in such cases the cause can often be found and treated.

Nerves and Worry.

We must remember that there is nothing more dependent on the mental attitude than the process of digestion. Nervousness, worry, over-excitement have a direct and quick reflex on the digestive fluids. The body is not a machine governed only by physical laws; if it were so, all people would profit by the same regime, which we know is not the case.

Starch and Sugar.

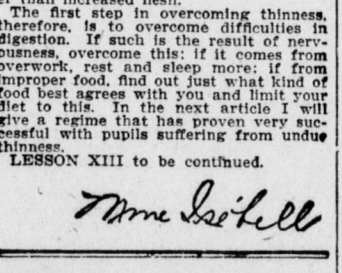
Most regimes outlined for flesh accumulation lay stress on increasing the consumption of starch and sugar. As has been already pointed out, these are flesh-producing foods, but unfortunately, they are not always easily digested, and in such cases do more harm than good. Most thin people have a delicate or capricious digestive apparatus, and to overburden this would probably bring about dyspepsia, which would result in decreased rather than increased flesh.

The first step in overcoming thinness, therefore, is to overcome difficulties in digestion. If the result of nervousness, overcome this: if it comes from overwork, rest and sleep more; if from improper food, find out just what kind of food best agrees with you and limit your diet to this. In the next article I will give a regime which has proven very successful with pupils suffering from undue thinness.

LESSON XIII to be continued.

BOYS' NATTY REEFER LOOSE AND COMFY

Serge and Lighter Weight Cloths Are Preferred For the Spring



BREAKS A COLD IN A FEW HOURS—PAPE'S

First dose of Pape's Cold Compound relieves all grippe misery

Don't stay stuffed-up! Quit blowing and snuffling! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken will end grippe misery and break up a severe cold in the head, chest, body or limbs.

It promptly opens clogged-up nostrils and air passages; stops nasty discharge or nose running; relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness.

"Pape's Cold Compound" is the quickest, surest relief known and costs only 25 cents at drug stores. It acts without assistance, tastes nice, and causes no inconvenience. Don't accept a substitute.—Advertisement.

A BEAUTIFUL FEATURE VICTORIA THEATER TO-DAY

SHACKLED SOULS, OR THE DANGERS OF A GREAT CITY. THE YELLOW FLAME, 2 Acts—A THIEF-CATCHER, Keystone.

ADMISSION

WHAT CONSTITUTES REAL POULTRY MEAL

Expert Says No One Ration Satisfactorily Meets All the Conditions Met

Continuous controversy is going on as to what constitutes the ideal poultry ration and the manner in which this should be fed. The fact that no one ration satisfactorily meets all conditions. The proper mixture for one type of fowls may not be suitable for another. Climate and the system of housing have a bearing upon the subject. Since some care for their birds only in the early morning and late in the evening, the convenience of the attendant must be considered.

However, there are certain well established principles which should be observed. The ration must be varied in character and supplied in liberal quantities. For reasons of economy, reliance should be placed upon feeds which are to be had locally at reasonable prices. Sometimes the addition of some high-priced imported feed fails to bring an increase in yield sufficient to warrant its continued use.

The laying hen must have food in sufficient quantity of kinds that constitute the composition of the ration to maintain her body and turn out a highly concentrated product. She requires succulent vegetable matter, animal food and grain. She may get along after a fashion if one or more of these are omitted from her diet, but under such conditions her efficiency will be impaired and the results secured will not be the best.

The varied ration is attractive to her. It stimulates the appetite and induces her to eat heavily.

She must consume liberal quantities of raw material if expected to return finished product in large quantities. Fresh air is a mighty important factor in maintaining the health of a hen, but it will not suffice for the making of eggs unless one part of the egg itself. There is no danger of overfeeding on a varied ration, especially during that period of the year when short days keeps the hens in the house more than half the time. In fact, the great problem during the short days is to induce the layers to eat enough during the daylight hours to carry them comfortably through the night.

Since eggs have been placed on the free list large shipments to this country from Shanghai and other ports have been made. As showing how the removal of the duty stimulates exports to this country, it is shown that in December, 1913, the shipments amounted to \$71,000, in contrast with \$2,451 for the 11 months of 1913 when a duty on eggs was collected.

Dignity of American Hen Is Threatened

The dignity of the American hen's labor is threatened if poultry paid hens in Germany and China are undermining her prosperity by turning out an inferior product that is being brought into this country since the duty on eggs has been removed.

It means that the American hen, her keeper and the consumer of the imported eggs are all going to lose out; likewise, the American cold storage man is getting bumped.

Since eggs have been placed on the free list large shipments to this country from Shanghai and other ports have been made. As showing how the removal of the duty stimulates exports to this country, it is shown that in December, 1913, the shipments amounted to \$71,000, in contrast with \$2,451 for the 11 months of 1913 when a duty on eggs was collected.

FOR SALE

R. C. Brown Leghorns, winners Steelton and Harrisburg 1912-1913. White Wyandotts, from winners Steelton, Lebanon and Williamsport Eggs, \$1 for 15. Chicks, 10c each.

D. J. CALLAGHAN
325 Lincoln St., Steelton, Pa.

Golden Wyandotts

If you want plenty of eggs in winter raise Golden Wyandotts, the most beautiful and all around purpose fowl of them all. See my free range raised thoroughbred stock. Eggs, \$1.00 per 15; \$5.00 per 100.

P. B. LIGGETT
405 LINCOLN ST., STEELTON, PA.

BAKER'S COCOA

is Pure and Good



KNOWN THE WORLD OVER AS THE COCOA OF HIGH QUALITY

Its delicious flavor and perfect digestibility make it a food drink of exceptionally great value.

To avoid inferior imitations, consumers should be sure to get the genuine with our trade-mark on the package.

WALTER BAKER & CO. Ltd. DORCHESTER, MASS. Established 1780

POULTRY NEWS ITEMS

GOOD LAYERS ARE NOT GOOD BREEDERS

Late Hatched Chicks Are Poor Proposition; Hens Have Vitality in the Spring

In feeding hens from which you intend to breed, remember that whatever loss there may be from poor laying in the winter will be more than regained in the Spring by reason of the better results that will be obtained in hatching and rearing chicks. It is often true that hens may be used for egg production in the winter and breeding in the Spring for a season or two with good results, but failure is absolutely sure to follow if this method is kept up. This is the principal reason why experienced raisers do not use pullets for breeding. They are very easily made to produce heavily during the winter and consequently give poor results as breeders. Older hens, on the contrary, do respond readily during that part of the year. It would seem that nature meant for them to have that for a resting season. They enter Spring full of energy and vitality and consequently are able to transmit it to a greater extent to their offspring.

Egg farmers have long ago realized that late hatched chicks were a poor proposition. Exhibitors and fancy breeders often secure their best young from their late clutches. The reason is found in the condition, as stated above. The egg farmer's hens are in a very low state of vigor from heavy winter and Spring producing. The fancier has learned that heavy laying is not conducive to the best results and does not urge his hens to exert themselves. They are in good physical condition when the other fellow's flock is not.

Start Right

The best food for the first three weeks for newly hatched chicks is Pratt's Baby Chick Food \$50 and \$1.00. Reduces mortality, prevents bowel trouble, hastens chick maturity—prevents straggling, stumpy, rapid-developing young birds. Refuse substitutes; insist on Pratt's. Satisfaction Guaranteed or Money Back. Get Pratt's 100 page Poultry Book.

ROCKS AND MINORCAS

Hatching eggs from prize-winning stock; first and second S. C. B. Minorca cockerel at Harrisburg show; Barred Rocks from leading prize-winners at Madison Square Garden and other New York shows. Selected cockerels for sale.

H. SPEECE, Speeceville, Pa.

FOR SALE

R. C. Brown Leghorns, winners Steelton and Harrisburg 1912-1913. White Wyandotts, from winners Steelton, Lebanon and Williamsport Eggs, \$1 for 15. Chicks, 10c each.

D. J. CALLAGHAN
325 Lincoln St., Steelton, Pa.

Golden Wyandotts

If you want plenty of eggs in winter raise Golden Wyandotts, the most beautiful and all around purpose fowl of them all. See my free range raised thoroughbred stock. Eggs, \$1.00 per 15; \$5.00 per 100.

P. B. LIGGETT
405 LINCOLN ST., STEELTON, PA.

Pratt's Baby Chick Food



ROCKS AND MINORCAS

Hatching eggs from prize-winning stock; first and second S. C. B. Minorca cockerel at Harrisburg show; Barred Rocks from leading prize-winners at Madison Square Garden and other New York shows. Selected cockerels for sale.

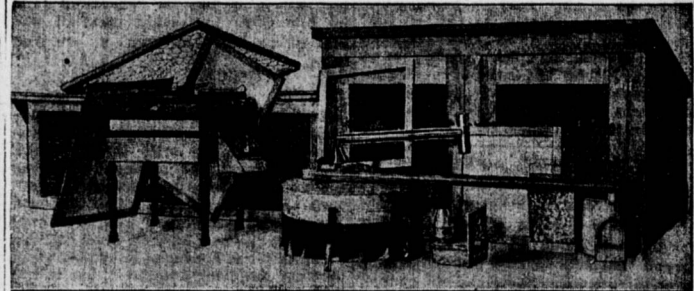
H. SPEECE, Speeceville, Pa.

Golden Wyandotts

If you want plenty of eggs in winter raise Golden Wyandotts, the most beautiful and all around purpose fowl of them all. See my free range raised thoroughbred stock. Eggs, \$1.00 per 15; \$5.00 per 100.

P. B. LIGGETT
405 LINCOLN ST., STEELTON, PA.

A Complete Poultry Plant for \$25



Prices of Peep-O'-Day Complete Poultry Plant Outfits

Combination No.	Regular Price	Comb. Price
Combination No. 1—Incubator, Hover, House, Run, Fount and Hopper	\$30.55	\$25.00
Combination No. 2—Incubator, Hover, House, Fount and Hopper	24.85	21.50
Combination No. 3—House, Hover, Run, Fount and Hopper	23.45	19.50
Combination No. 4—House, Hover, Fount and Hopper	17.05	15.00
Combination No. 5—House, Run, Fount and Hopper	15.15	12.00

We carry a complete line of Mandy Lee; Prairie State; Essex Model; Queen and Simplicity Incubators and Brooders. All may be seen at this store in operation. Hatching eggs and day-old chicks for sale.

Elkview Poultry Supply House

1702 NORTH THIRD STREET

The Telegraph's Service For Poultry Keepers

Through the Poultry Department of this paper, questions pertaining to poultry work will be answered each Saturday. Questions relative to chickens, water fowl and pigeons will be answered by Professor M. C. Kilpatrick, S. B. Twining and W. Theo. Wittman, respectively. Application for the services of a State poultry expert, W. Theo. Wittman or Frank Kline, is made with the Telegraph. Such applications will be turned over to A. L. Martin, Deputy Secretary of Agriculture, who will, so far as possible, direct one of these experts to visit your farm or poultry yards for consultation. Use this service free.

Q. Chickens were late this Fall or winter in getting down to heavy laying. Can it be accepted, therefore, as a consequence there will be a corresponding delay in the time at which hens will in any number become broody?

New Cumberland, Pa. Y. T.

CONCEALING ONE'S THOUGHT

[From the Dallas News.]

First of all the mise en scene sustained the best expectations of those who value the visual equation highly. The illumination from all angles, the massive proscenium, the trappings of the terrace of listeners, the shimmer and glimmer of it all, together with the rhythmic crash and cooing of the orchestra, could not but move the least impressionable to admiration and content. To not be spiritually aggrandized

The Song of the Hair

Ayer's Hair Vigor promotes hair growth
Ayer's Hair Vigor stops falling hair
Ayer's Hair Vigor keeps the scalp healthy
Ayer's Hair Vigor does not color the hair
J. C. Ayer & Co., Lowell, Mass.

Chestnut Street Auditorium WEEK OF MARCH 2

The Harrisburg Telegraph

NIBLO

Travel Talk

WONDERFUL COLORED VIEWS
FEATURE MOTION PICTURES
VIVIDLY DESCRIBED BY MR. ARTHUR B. PRICE
General Admission with coupon cut from Telegraph and presented at the Box Office, 10c

ADMISSION WITHOUT COUPON, 25c
What some others say about the programs:
The best since Stoddard-Hartford (Conn.) Courant.

Detroit Tribune: Many features of interest. Beautiful views like a glimpse into fairyland—very good motion pictures—series of more than passing interest—scored a big hit with a delighted audience.

TRY TO GET IN MONDAY NIGHT

MAJESTIC THEATER

WILMER, VINCENT and APPEL Managers

TO-DAY, THREE TIMES, 2.30, 7.00 and 9.00. THE MOST THRILLING PICTURE EVER SHOWN.

"TRAFFIC IN SOULS"

AN EXPOSE OF THE WHITE SLAVE EVIL—25c, Any Show, Any Seat, 25c

MONDAY, MARCH 2, MATINEE AND NIGHT

MR. WALTER HAST PRESENTS THE SEASON'S FIRST IMPORTATION,

"CHANGE"

A FOUR ACT PLAY DEPICTING THE LIFE OF THE WELSH MINERS. EVEN MORE HOMEY THAN "BUNTY."

"What The Man of the Hour Did for Politics" Change Will Do for the Labor Problem.

PRODUCTION AND CAST SAME AS SEEN AT BOOTH THEATER, N. Y. HAYMARKET THEATER, LONDON.

PRICES Mat. 25c—\$1.00 Eve. 25c—\$1.00 SEATS NOW

TUESDAY AND WEDNESDAY, MARCH 3 and 4—MATINEE WEDNESDAY

Carlisle Elks In Their 3 Act Musical Comedy "George Brady's Dream"

40 Song Hits—200 Laughs—Beautiful Scenery—Georgious Gowns—Come and See How the Carlisle Elks Look as Society Ladies. Seat Sale Now.

PRICES: 25c to \$1—Matinee, 25c and 50c.

Opheim **Colonial**

Knute Erickson **JANE WEIR & CO.**

(DAFFY DAN) **BESSIE CLIFTON**

And His **GRACEY**

Seminary Girls **5=10c**

A Company of 18 People

AMUSEMENTS

A BEAUTIFUL FEATURE VICTORIA THEATER TO-DAY

SHACKLED SOULS, OR THE DANGERS OF A GREAT CITY. THE YELLOW FLAME, 2 Acts—A THIEF-CATCHER, Keystone.

ADMISSION

Bowman's sell May Manton Patterns,



Which Cough Syrup Will You Give YOUR Child?

Will you poison your child's stomach and deaden the little one's half-developed nervous system with cough mixtures containing dangerous, habit-forming drugs, such as Opium, Morphine, Chloroform and Codeine?

Or, will you relieve the coughs and colds that children suffer from with the old-fashioned herb cough syrup? The kind that contains NOTHING but pure, concentrated extract of such harmless, helpful herbs as Horehound, Boneset, Field Balsam, Blood Root, Burdock and nine others of equal medicinal value, all used in your great grandmother's day? Think what Opium will do to your child—and then remember that

GOFF'S COUGH SYRUP is Reliable and Harmless

and that it contains no opium or other harmful drug. Decide to shun ALL cough mixtures containing injurious drugs. Looking at the labels carefully is one way to avoid them; a better way is to ask for and insist on having Goff's Cough Syrup—you will be sure to get effective, yet harmless cough syrup then.

Goff's brings quick relief from Croup, Whooping Cough, Measles Cough, severe and slight Coughs, Colds, Inflammation of the respiratory organs and Bronchitis, and prevents the development of Pneumonia. Get Goff's and you—and your children—are safe. At all dealers in 25-cent and 50-cent Bottles.

Try One Bottle. If it Fails, the Dealer will Refund Your Money.